

# The Times-News

Twin Falls, Idaho, 921st year, No. 308 Monday, November 4, 2002 50 cents

## GOOD MORNING

### WEATHER

Today: Sunny  
High: 65, low:  
60

### LOCAL

**Court news:** Check out court news from Twin Falls, Jerome and Gooding county courts.  
Page A8, 7

## FAMILY LIFE

**The clean:** Washing your hands with anti-bacterial soap may only be creating more dangerous germs.  
Page B2

## SCHOOL DAYS

**Getting her say:** A Jackpot student was selected to sit on the Governor's Youth Advisory Council.  
Page C5

## SPORTS

**Raiders**  
Page B1

## OPINION

**Politics gone bad:** The Senate matchup between Larry Craig and Alan Blinken went too sour, today's editorial says.  
Page A8

## COMING UP



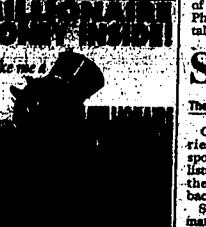
### Canine courage

Here's one dog that deserves recognition as a hero.  
Tuesday in The Times-News

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# GOP hopes to break midterm curse

## Idaho Dems look to reverse slide

By Mark Pitt  
Associated Press Staff

BOISE - After losing their greatest electoral victory eroded sharply in the 1990s, Idaho Democrats believe voters will pull them back from the brink of irrelevance on Tuesday to begin restoring some balance to state government.

There is little doubt among leaders of either party that Republicans will continue to control public policy after the votes are counted. But what has arguably been the nation's most Republican state may no longer be making that claim.

A Republican tradition at Please see **DPM**, Page A2

## More inside

**2002**

- Ohio Democrats demand end to ad featuring Sept. 11 attacks. **A1D**
- Former NFLer Steve Largent faces tough governor's race. **A1D**
- Campaigns for Mondale's opponent in Minnesota. **A1D**

shifts, as well as the terrorist attacks and even Bush's no-cont-

## Monster quake hits interior of Alaska

### Magnitude 7.9 tremor damages pipeline, roads

The Associated Press

ANCHORAGE, Alaska - A major earthquake rocked a sparsely populated area of interior Alaska early Sunday afternoon, damaging supports to the trans-Alaska oil pipeline and cracking highways and roads.

The magnitude 7.9 quake, centered 90 miles south of Fairbanks, was strongly felt in Anchorage about 270 miles to the south. It hit at 1:13 p.m. Alaska Standard Time, said Bruce Turner of the West Coast and Alaska Tsunami Warning Center.

Only one injury was reported; a 76-year-old woman in Menomata broke her arm after slipping on stairs during the quake, said State Trooper spokesman Greg Wilkinson.

"It shook for a good 30 seconds," Turner said. It did not generate a tsunami, he said.

The quake triggered the trans-Alaska pipeline's automatic detection system, said Mike Heatwole, Alyeska Pipeline Service Co. spokesman. Operators then manually shut the pipeline down shortly after 2 p.m.

Heatwole said helicopters that flew the length of the 800-mile pipeline and ground crews found the pipe intact, but support structures were damaged in 13 locations. Crews were working to alleviate stress on the pipeline, Heatwole said.

"We'll also be mobilizing several additional crews at first light," Heatwole said.

The earthquake occurred on the Denali Fault and had a shallow depth, said John Lahr, geophysicist at the U.S. Geological Survey's National Earthquake Information Center in Golden, Colo. Shallow earthquakes generally are felt over a wider area.

"We expected this would have surface rupture that geologists could see on the ground-and study," he said.

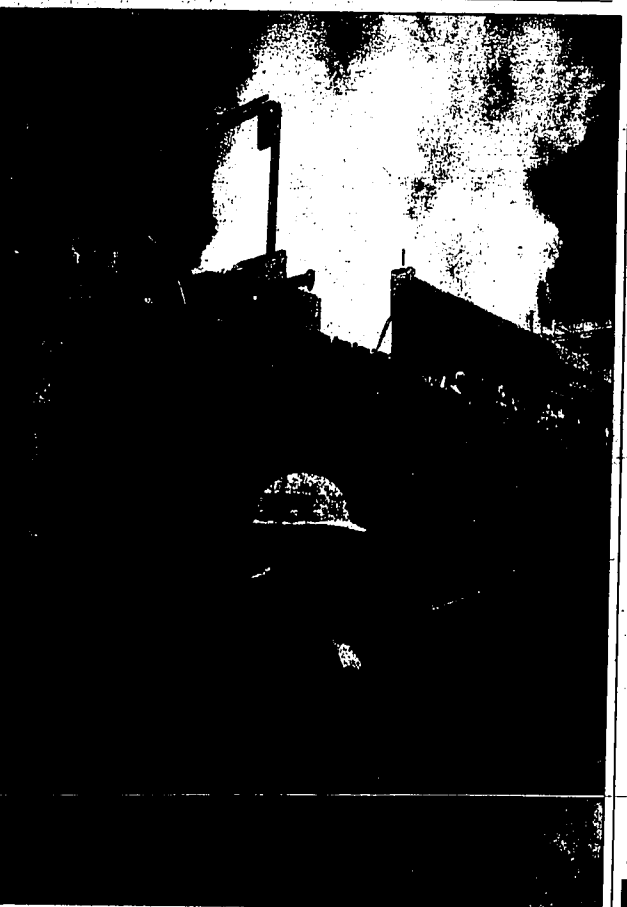
Troopers responded to several reports of damaged roads in the area, including a 3-foot crack opened up in the main road

tails victory of 2000.

"We haven't beaten the curse yet," said Rep. Tom Davis, the Virginia Republican in charge of the House GOP campaign committee. "I remember working in the Nixon White House in the 1970s thinking we might pick up a handful of seats." It didn't happen.

But whether the GOP wins or loses seats Tuesday - or holds or surrenders control of the House - Please see **GOP**, Page A2

# ENVIRONMENTAL AID



Phyllis Beard stands near a Putech filter as it squeezes lime out of waste water at the Twin Falls Amalgamated Sugar Co. plant. The new filters eliminate the need for settling ponds to recover the lime.

## Sugar plant's change will help groundwater

By Jennifer Sandmann  
Times-News writer

TWIN FALLS - The Amalgamated Sugar Co.'s plant near Twin Falls is eliminating its lime ponds.

Conversion from a wet to a dry lime disposal system is aimed at protecting groundwater.

"It's more efficient... with lots of environmental benefits," said Phyllis Beard, plant environmental assistant.

An added benefit is the elimination of a potential source of odor, although the plant reports that the lime ponds rarely posed an odor problem.

Conversion to dry lime disposal is a \$2.5 million investment for the plant, which is owned by a growers' cooperative and is a major employer and economic anchor in the Magic Valley. The new system geared up at the beginning of the fall beet campaign, a year earlier than the target date.

Plant visitors can go just outside the factory doors, stand on a metal grate and watch a flume of water underfoot rush sugar beets into the plant for cleaning, washing and slicing into "cassettes," which look like big potato chips.

A complex system of heating, boiling and crystallization follows, with each step dependent on the other for a smooth day of

Please see **SUGAR**, Page A2

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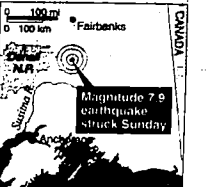
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SOURCES: Alaska Tsunami Warning Center; ESI

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## Recent quakes

- Small earthquakes hit Nebraska, Japan and Pakistan Sunday. The Pakistani quake killed 10 people.
  - A magnitude 7.7 earthquake killed two people in Indonesia Saturday.
  - A magnitude 5.4 earthquake hit Italy Thursday, destroying a school and killing 26 children.
- The activity is not related nor unusual, said Waverly Person, geophysicist at U.S. Geological Survey. "(People) begin to think all of this adds up, but it doesn't," Person said.

between Fairbanks and Anchorage, said Lt. Lee Farmer.

"Anybody with one of those lowriders out of Anchorage probably doesn't want to head that way," Farmer said.

Fairbanks' were knocked over in Slana, which has no electric utility; families use diesel fuel to power generators. Sharrel Webster said she was likely to lose food in her freezer.



University of Alaska Fairbanks professor Antonius Otto, left, and his wife Isabelle Otto clean up his office on the seventh floor of the UAF Evey Building in Fairbanks, Alaska, Sunday.

# Study: Your spouse really can be a serious pain in your back

The Orlando Sentinel

ORLANDO, Fla. - Every married person who thinks their spouse is a pain in the caboose, listen up. New research suggests they're actually a pain in the back.

Some spouses could cause their mate's chronic back pain to flare up by merely being in the same room, according to a study presented Sunday in Orlando, Fla.

In tests, these pain patients showed almost three times as much brain activity when their backs were stimulated as people with mates who ignored or downplayed their pain. The attentive partners only needed to be sitting quietly in the room to trigger the excess activity.

"It's as if the spouse has become a stimulating cue for the pain," said Herta Flor, a German psychologist from the University of Heidelberg who ran the study.

Yet Flor said the findings do not mean people should ignore their partners' suffering.

"You just have to be aware of how you respond," said Flor, who said people should try to distract their more from a painful back instead of focusing on it.

Her research is among the multitude of studies being presented this week at the annual meeting of the Society for Neuroscience, being held at the Orange County Convention Center. About 25,000 people are in town to hear the latest findings on Parkinson's disease, Alzheimer's, brain and spinal cord regeneration, mental illnesses and other brain-based conditions, such as pain.

Researchers just have begun to

Please see **PAIN**, Page A2



# Reports: Fed plans to cut rates

WASHINGTON (AP) - The Federal Reserve is likely to move lower interest rates this week in the face of rising worry that the struggling economy is headed for rougher seas.

A series of recent economic reports has offered indications that the country's sputtering recovery is once again threatening to stall, and that leads many private economists to predict a rate cut when Fed policymakers meet Wednesday.

Financial Group. Most economists believe the only question mark is whether the Fed will cut its target for the federal funds rate, the interest rate banks charge each other, by one-half of a percentage point. The funds rate has risen at 1.75 percent since Dec. 11, there's been the central bank made its 11th rate cut in an aggressive year-long campaign to bolster economic activity and restore growth. The Fed acted while the country was in the grips of its first recession in a decade and still suffering economic shocks

from the Sept. 11, 2001, terrorist attacks. The Fed was content to leave the funds rate at its lowest level in four decades for an extended period in the belief the low rates would work their normal magic and restore stronger growth. Such low rates have allowed automakers to offer zero-interest financing deals that drew buyers into auto dealerships in record numbers through the summer. They also have produced the lowest mortgage rates since the mid-1960s, spurring sales of new and existing homes to record levels. The strength in these two crit-

ical areas, however, has been insufficient to launch a sustained economic recovery. Jitters such as the corporate accounting scandals, rising oil prices and worries about possible war with Iraq have acted as strong headwinds. The economy did rebound from lackluster growth at a 1.3 percent rate in the spring to 3.1 percent in the summer. But many forecasters believe growth will slump again in the current quarter. The most pessimistic look for an anemic rate of 1 percent or less as the surge in consumer spending fades, especially for big-ticket items such as cars.

# Afghan president fires top officials

KABUL, Afghanistan (AP) - Afghan President Hamid Karzai has fired between 15 and 20 top civil and military chiefs across the country, accusing them of corruption and abuse of power, officials said Sunday.

The move came after an emergency Cabinet meeting late Saturday, a presidential spokesman Sayed Fazel Akbar told reporters in the capital, Kabul.

The decision targets high-ranking officials in Kandahar, Logar, Balkh, Farkhta, Nimruz and Farah provinces, Akbar said. They include security and intelligence chiefs, brigade commanders, customs directors, finance chiefs and a mayor.

But Karzai's government has little authority outside Kabul, despite a new national army numbering about 1,000 men. Most of the countryside is the realm of powerful warlords - some tenuously allied to Karzai - who command huge private armies of their own.

Akbar said the government is anticipating resistance. It was unclear how the orders would be enforced, but it appeared to be the first step by Karzai to rein in the regional warlords and establish some control.

"We will try by political means, or by conversation or negotiations, to convince these people to accept these decisions," Akbar said.

# Volcano covers Ecuador capital with white ash

QUITO, Ecuador - A volcano outside Ecuador's capital spewed a cloud of hot ash Sunday, forcing the closure of its airport and a nearby highway, near, and showering Quito in white ash.

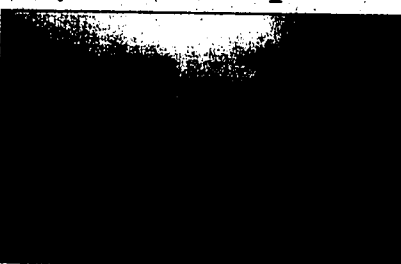
No injuries were reported from the eruption of Reventador - an 11,775-foot volcano located 52 miles northeast of Quito on the eastern slope of the Andes.

Alexandra Avarado of the Geophysical Institute said the volcano began erupting at 5:30 a.m. with a larger blast at 9:00 a.m. The latter blast sent clouds of burning ash that reached the Baeza-Lago Agrio highway.

The eruption also threatened the Trans-Ecuadorian oil pipeline that runs close to the area.

"It was a very important eruption. Extremely large clouds of ash have been spotted, at least 7 miles high and the cloud's heading toward the Inter-Andean corridor," Avarado said.

There were no victims and people living near the volcano had been evacuated, she said. The closest villages are San Rafael and Mammel Galindo, with a combined population of less than 1,000.



White ash from the Reventador volcano covers Quito, Ecuador, Sunday. The volcano erupted Sunday spewing a cloud of hot ash into the air that forced the closure of the airport and a highway near the capital.

The magnitude-4.5 quake hit near Gilgit, about 125 miles north of Islamabad, said Chaudhry Mahmood Arif, an official in the Seismic Center in the northwest-ern city of Peshawar.

The tremor was an aftershock from quakes Saturday that shook the town of Skardu, 75 miles southeast of Gilgit, Arif said.

Four villages, with a total population of 1,500, were most affected by the tremors. Information Minister Nisar Memon said. Several houses were destroyed, and 10 bodies were found in the rubble, he said.

## Iran OKs equal blood money for non-Muslims

TEHRAN, Iran - Iran's parliament approved a bill Sunday that will provide equal compensation in "blood money" to non-Muslim crime victims, a move aimed at protecting the rights of religious minorities.

The move sets new rules in an area of Islamic legislation where guidelines rarely are modernized. Non-Muslims are considered infidels by many fundamentalists, and Iran's effort to recognize them as equally deserving of

## Earthquake shakes Pakistan villages, killing at least 10

ISLAMABAD, Pakistan - A moderate earthquake jolted northern Pakistan on Sunday, killing at least 10 people and injuring 48, many of them critically, officials said.

## Kuwait closes down Al-Jazeera television office

KUWAIT CITY (AP) - Kuwait shut down the Al-Jazeera television bureau here Sunday, charging that the Arab world's most popular satellite TV network was "not objective."

"The government informed me that the bureau is closed because Al-Jazeera channel is not objective," Said al-Enezi, the station's bureau chief, told The Associated Press.

Kuwaiti officials could not be reached for comment, but the Kuwait News Agency quoted an unidentified Information Ministry official as saying the decision was prompted by "this channel's bias and its lack of objectivity in reporting the events that took place in Kuwait recently." The official did not elaborate.

"Like other media working from Kuwait, Al-Jazeera has reported on the Oct. 6 attack on U.S. Marines and on several subsequent shooting incidents involving American forces in this small Gulf state and Washington

## Cardinal Law acknowledges 'terrible evil' of abuse at Mass

BOSTON (AP) - Cardinal Bernard Law acknowledged Sunday that some of his decisions regarding priests were wrong, and said he has a "far deeper awareness of this terrible evil" of clergy sexual abuse than he did ten months ago, when the scandal first broke.

Victims of abuse, with whom Law recently met, urged him to speak out more publicly and frequently. He agreed, saying at Mass at the Cathedral of the Holy Cross that he was trying to "honor the spirit" of that meeting.

"As I have listened personally to the stories of men and women who have endured such abuse, I have learned that some of these consequences include lifelong struggles with alcohol and drug abuse, depression, difficulty in maintaining relationships and, sadly, suicide," he said.

"I acknowledge my own responsibility for decisions which led to intense suffering."

Law has recently emerged from virtual seclusion, meeting this past week with a group of alleged sexual abuse victims of the late Rev. Joseph Birmingham.

**The Choice Is Clear**  
**Re-Elect Tim Ridinger**  
 Idaho House of Representatives District 25

- "I believe local government should be able to control its own destiny."
- "I will make sure Idaho's educators have the tools they need to teach our children."
- "I will work to keep Idaho farm families in business, and protect Idaho's entrepreneurs."
- "I believe Idaho's water belongs in Idaho for agriculture and recreational use."

"It works hard for education and he's very supportive. I consider him a friend with broad knowledge of the workings of Idaho's education system."  
 — Phil Homer, retired Blaine County School superintendent

**Tim Ridinger** — a representative for ALL of District 25

Paid for by the Committee to Re-Elect William P. Perry, William P. Perry treasurer

News in brief

compensation was welcomed by minorities.

"Blood money" is the compensation a convicted attacker must pay the victim or the victim's relatives. The average compensation now paid to relatives of a Muslim man killed is \$16,750. The payment is about half that if the victim was Christian, Jewish, Zoroastrian or a woman, regardless of her religion.

— compiled from wire reports

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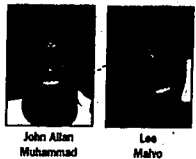
NATION

# Teen joined suspect after mother left

## Malvo moved in with Muhammad two weeks later

By Justin Blum  
The Washington Post

ST. JOHN'S, Antigua - The white and peach wood-frame house, with its moodier furnishings, had been home to Un James and her son, Lee Malvo, for only three months. But to the landlord's surprise, the mother suddenly announced one day that she was returning to Jamaica to visit her ailing mother.



John Allen Muhammad and Lee Malvo

The boy, she said, would stay behind alone. Two weeks passed, and the mother did not return. One evening, a pickup truck driven by a man everyone now knows as John Allen Muhammad pulled up in front. Malvo and Muhammad loaded up the sparse inventory of the house, which included a plastic dining room table and chairs, a freezer, a bed and clothing. Glenn Ford, the landlord, had been astonished that the son had been left to fend for himself. Now the sudden activity prompted him to inquire.

"What's happening?" Ford said he asked Malvo. The teen-ager, then 15 years old, answered, "We're moving." The decision to move in together likely carried out sometime after Dec. 11, 2000, and before the next tenants moved in Jan. 8, 2001, appears to be the beginning of the closest association between the two suspects charged in connection with the sniper shootings in the Washington area. For much of the next 22 months, Malvo would be at Muhammad's side - here on the island, in Washington state and ultimately in a trip across the country.

A week after the pair were arrested, much more is known about Muhammad - an Army veteran with two troubled marriages and several failed businesses who at one point may have seen this island as both a refuge and a new opportunity. But far less is known about Malvo, who emigrated from Jamaica with his mother and ended up with a new father and a new name, John Lee Malvo. Residents of this magnet for tourists, along with Antiguan government investigators and agents from the FBI, are trying to piece together how these two lives intersected. There is now little doubt that the young man and boy was cemented when, in the absence of the mother, Muhammad took over and set the relationship on a course that would end with the pair at a rest stop in Frederick County, Md.

People who knew Muhammad said he helped James obtain fraudulent documents to re-enter the United States. At the time, James and her son were living in a two-bedroom house in a low-income neighborhood of St. John's, where they stayed frequently, children play in the nude, and residents move in and out with regularity. Malvo was quiet and submissive. He would regularly come home past his curfew, prompting James to yell at him and slap him, according to neighbors who overheard the encounters. Although other Jamaicans lived nearby, Malvo and Muhammad did not spend much time talking to them. Visitors were never seen.

"He was isolated in the house," said Ford, the landlord. "I never saw friends of his or friends of hers." James earned money selling soft drinks outside a bus depot and was always looking for ways to save cash. Malvo, who attended the Seventh-Day Adventist School here, spent a lot of time inside the house, sometimes using a T-square to draw blueprints.

Government officials have not determined how James and Malvo arrived on the island, when they settled or how they avoided immigration problems. The circumstances surrounding Muhammad's arrival and his stay are unclear.

Malvo arrived from Tacoma, Wash., with his two children in March 2000. The connection with the island appears to have been through another Tacoma man, Randolph Simon, whose house Malvo lived in. Muhammad had repaired Simon's car, according to the cousin, Janet Greer.

Simon arranged for Muhammad and his children - John Jr., now 12, Salena, 10, and Taibah, 9 - to stay with Greer rent-free. Muhammad, who stated that his family was on vacation, arrived with a large green bag, Greer said. The children had two small suitcases between them. They shared one bedroom - Muhammad slept on the floor and

the children in the one bed. After four weeks in Greer's home, Muhammad said he was running low on cash and needed to return to the United States. Greer agreed to watch the children while he was gone. In Muhammad's absence, Greer said she became suspicious. She started asking the children about their mother. Taibah said: "Dad had visitation rights. He said he was going to take us to a friend, and then he took us to the airport," Greer recalled. Greer, upset over the revelation, said she reached Muhammad in Washington state and told him to return immediately to pick up his children and move. Muhammad flew back but instead of picking up his children to bring the children to Antigua, producing a notarized letter from his wife saying as much. But Greer said she stood her ground.

Malvo eventually settled in a white wood house behind Greenville Primary School, where he enrolled his children. He shared the house with a number of other tenants, including Jamaican women who cared for the children when Muhammad went on trips. The living room in the house was divided by a cloth that hung from the ceiling to create some privacy. It was this house that Malvo moved into, sharing the same room with Muhammad and the other three children.

Neighbors described Muhammad as almost always on the move, dark backpack slung over his shoulders as he hurried along the bumpy streets. His hurried routine stood out on an island where people tend to be laid-back.

One of his daily stops was BJ's Superette, where the owner, Laverne O'Brien, said Muhammad bought phone cards and then used them at one of the three pay telephones outside the store. He said he was calling his wife, but O'Brien thought it strange that his children would never get on the phone. "He would just use the phone," O'Brien said. "I wondered why they never talked to their mother."

Sometimes, Muhammad wore shorts and a T-shirt; sometimes, he wore his pants tucked into his socks. He would frequently be jogging. He told people that he was trying to get work, first as an elementary school coach and later as a trainer at Special Security Services, a private security firm. But he failed to land either job.

The government rejected his application because it appeared the letters of reference he submitted were forged, officials said. And Wilbur Pursell, the owner of the security business, said Muhammad failed to produce documentation on his military record and other paperwork showing that he had no criminal record. Without full-time work, neighbors said, Muhammad resorted to repairing cars in the neighborhood and painting a store.

Still, friends and others said Muhammad had enough money to travel often - to the United States, Jamaica and other Caribbean islands.

# Idaho, Maryland families of sniper victims unite

WASHINGTON (AP) - Jocelyn Bridges had never met Marion Lewis, but she cried when she saw him.

He wrapped her in a big, bear hug as she tried to catch her breath. The mother of six from Philadelphia now shares a bond with the stranger from Idaho that no outsider could fathom.

She lost her husband, and he lost his daughter to the sniper. "I think the greater the tragedy, the greater the relief," Bridges said. "I'm just waiting for my relief."

Nine family members of four victims met for the first time in a hotel suite over the weekend for an interview with television's Inside Edition.

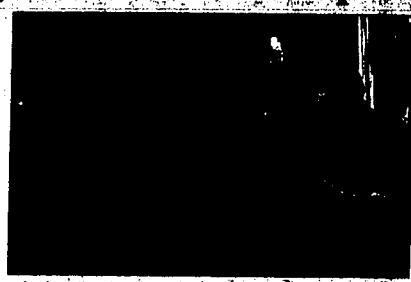
The interviews, to be broadcast Tuesday night, were a chance for relatives to meet others who are grieving and looking for the same answers, family members said.

"My perception is we're almost sharing the same grief," Lewis of Mountain Home, said. "Spreading the weight of it among all of our shoulders helps lighten the load a little bit."

Lewis' daughter, Lori Ann Lewis-Rivera, was killed as she vacuumed her van at a Kensington, Md., gas station. Eight days later, Bridges' husband, Kenneth, 53, died as he filled his car with gas in Frederickburg, Va.

John Allen Muhammad, 41, and John Lee Malvo, 17, are accused of the shooting spree that lasted three weeks and killed 10 in the Washington, D.C., area. Authorities now have linked them with two other killings in Alabama and Louisiana and another shooting in Silver Spring, Md., on Sept. 14.

As the families greeted each other, they greeted often and offered their condolences. Lewis remembered hearing the news of another person killed, then another, for 19 days after his



Gary Sheppard, left, Jocelyn Bridges, second from left, and Marion Lewis are all surviving family members of the sniper victims who came together at a Washington hotel Saturday.

daughter died. Each time, he said, "It all floods back."

As they talked in small circles, they skipped the small talk of new acquaintances. They spoke quietly of God and faith and how they are getting through every day. They took long moments to look at photos of those killed.

"Most talked openly about their grief and the national attention it has attracted. It helps to share it, they said.

Others silently watched the families and listened to the conversation. Lewis-Rivera's mother, Jo, didn't speak but watched as her husband answered questions about their daughter, a 25-year-old nanny who left behind a husband and 2-year-old daughter.

The Lewises' only other child, Charity Randall, 30, said she's been comforting her parents as she tries to make sense of her sister's death.

"I'm just trying to be there for them, and give them all the hugs and kisses I can," she said. "I'm

just trying to comfort them the only way I know how."

When conversation turned to the suspects, several said they've struggled to answer one question: "Why?"

"My biggest question was what motivated them to do this," said Larry Meyers Sr., brother of victim Dean Meyers. "I'd just like to unlock the box to see what went into making me, but two individuals do this."

Another of Dean's older brothers, Bob, wants the same answers, he said.

"I do think it's important to know the why, just to have closure."

Lewis gave the only response he's been able to come up with.

"For the aberrant individual that produced all this pain and chaos, there is no reason why - not for a normal, reasonable human being," he said.

Every day, Bridges said she tells herself she can't ask why. "I know it had to happen, because it did," she said. "I'll look

"For the aberrant individual that produced all this pain and chaos, there is no reason why - not for a normal, reasonable human being."

- Marion Lewis, father of sniper victim

It is any other day, it just hurts more.

"They brushed off questions about mistakes police might have made not arresting the alleged snipers' calls to tip lines and stopping Muhammad's car during the spree but not questioning him."

"At this point, there's no reason to assign any blame," Lewis said. Several said they didn't think they could endorse executing the suspects if they're convicted. Andrew Walshear, 24, who said her father's death still seems like an "awful nightmare," said she can't be the one to decide if those convicted should live or die.

"God is the only one who can judge anybody," she said.

Bridges said she doesn't keep up with news reports and doesn't think about what should happen to those convicted. Instead, she thinks about what her husband would want for her, she said.

"It was not his character to dwell on the past," she said. "He always dealt with whatever confronted him. That's what I'd like to do."

NEED HELP WITH "QUICKBOOKS"? Call Lisa at 737-0087 TRAINING, SETUP & SUPPORT

## Police look into earlier shooting as possibly related to sniper deaths

BALTIMORE (AP) - Investigators are looking into whether a Sept. 5 shooting in Clinton is related to the Washington-area sniper, a police spokesman said Sunday.

A man was shot six times at a city range around 10:30 p.m. after closing his restaurant, which is near the home of sniper suspect John Allen Muhammad's ex-wife, Mildred.

A Sony Vaio laptop computer was stolen with more than \$3,000 in receipts. A Sony laptop computer was found in Muhammad's car when he was arrested Oct. 24 at a rest stop.

Paul LaRuffa, 55, survived the shooting and was able to go back to work after two weeks in the hospital.

Prince George's County police spokesman Capt. Andy Ellis said the sniper task force has been notified and police were investigating a possible link.

Reached at his restaurant Sunday, LaRuffa said he wanted to know if the laptop was his. "I wish somebody would tell me 'yes, it's yours, no it's not yours,' and that's what's frustrating about it," LaRuffa said. He also said he was shot with a .22-caliber weapon.

"I don't know if it's linked," LaRuffa said. "Yes, there are coincidences. I don't know. Until I can get some answers on the computer that was found - on the gun - there's some simple answers that will decide whether it's related or not."

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Bill Chisholm for STATE SENATE DISTRICT 23 Idaho born and raised Graduate of Idaho State University with bachelor's degree in Business Administration Certified Yoga Instructor Certified Emergency Medical Technician from 1983-'87 Wildlands Firefighter with BLM, 17 years as Helicopter Specialist Wilderness School Instructor for Youth Program for 8 years Disaster Recovery Manager for FEMA for 16 years Ranch Land Manager for 4 years Self-employed Handyman/Carpenter for 34 years Citizen Action & Policy Consultant for 14 years Charter Member and Former Board of Director of the Snake River Alliance Former Board Member of Idaho Conservation League Former Idaho Rural Council Board Member, Member of Farm Urban Network Member of Board of Directors of the Twin Falls affiliate Habitat for Humanity Damage Assessment Team Leader for the Twin Falls County Local Emergency Planning Council/Former Chairman Member of City of Buhl Well Head Protection Committee Energy Coordinator for the Idaho Rural Council

# Adult's affair with teen ends in prison

**DEAR ABBY:** I am 15 years old and have a big problem. My girl friend, "Whitney," 17, and I have been friends for a long time. Her boyfriend, "Josh," 21, broke up with her soon after Josh and I started dating. I really liked him. He was cool and we had a lot of fun.

When Whitney found out Josh and I were hooking up, she was shocked. One night when I was with Josh, Whitney called my parents and told them where I was. I had told my parents I was with another girlfriend.

My father got angry and went out and on for about a week questioning me about my relationship with Josh. When I couldn't stand it anymore, I admitted we were having sex. Father called the police and had Josh arrested. He was charged with child molestation.

I told the detective I had lied about Josh and me having sex, but he didn't believe me. Josh was found guilty of statutory rape and sent to prison for five years. The court wouldn't allow

**DEAR ABBY**  
Might Write Back

me to testify.

My life is over. My former friends hate me. They call me names and write me dirty notes threatening revenge. Josh was popular and has a lot of friends.

I want to help Josh get out of prison. He did not rape me. I knew exactly what I was doing. I have had sex with boys for about two years, but my parents don't know. I'm afraid if I tell them, they'll have those other boys arrested, too.

Josh does not deserve to be in prison. What can I do to make up for what has happened because Whitney got jealous and got us into trouble? Please don't tell me to talk to a school counselor. Everyone at school hates me.

—GOING CRAZY IN TEXAS

**DEAR GOING CRAZY:** Regardless of your sexual history, at 21, Josh was old enough to know better. He was sneaking around with a minor — you — and in doing so he broke the law.

It's time for you to grow up and stop blaming others for a problem that you caused. If you won't go to a school counselor, contact a local mental health clinic and ask for teen counseling. And since there is hostility at your high school, perhaps you should consider transferring and finishing your education at another school.

her hands away.

Well, she was offended and burst into tears.

I'm apologetic, although I thought it was very rude and that she should have apologized to me. Most of the other family members felt she had done nothing wrong.

Abby, I don't hold grudges, but my husband's family seems to. What do you say?

—MARTHA

**IN THE MIDDLEWEST**

**DEAR MARTHA:** Your husband's cousin should have asked if you minded before putting her hands on your stomach. Under the circumstances, your reaction was normal. After the baby arrives, this incident will be forgotten — as it should be. Sometimes a dose of amnesia can have a positive effect on family relationships.

**ACROSS**

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**DOWN**

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## Oregon debated merits of having a state cookie

What, you have no state cookie? Oregon at one time debated the notion of naming as the chocolate chip.

"Sexual selection" is what it's called, and there are two forms of it among birds and mammals. One form: The males compete with each other and the winner selects the female. Other form: The males compete, with each other to impress the female, and the female selects. Our love and War approves of both forms. Po

**REVISITED**  
L.M. Boyd

France, Charles-Jean Baptiste Sanson, died in 1726. Executioners inherited those jobs, so his son, Charles, Jr., automatically assumed the post. But at age 7, the son couldn't swing the beheading ax. He got a helper, and stood by at every decapitation, learning. By age 12, he'd muscled up some, and took the big blade himself. Swung it thereafter. And perfectly. Credit early apprenticeship.

Makers of a certain dinnerware between 960 and 1370 concocted a noteworthy sales gimmick. Any poison, they claimed, changed the green color of their celadon dishes. Arab sultans, fearful of eating off anything else, paid dearly for those plates. Dinnerware salesmen, who survived the trips through Arabia, came back with fortunes.

Little redwood trees were sent to Great Britain more than a century ago. Now they're Britain's heaviest stand of timber.

It's a breed of "wildflower," if its breed can survive without human help.

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## Sagittarius should lighten up

**IF NOVEMBER 4TH IS YOUR BIRTHDAY** ... you have mind of your own, were separated from one or both parents while young. Your interests involve unorthodox subjects, including the occult arts. You can be aggressive in beliefs, and most certainly are passionate. Taurus, Leo and Scorpio persons play the same role as the Sagittarius. You could have these letters in letters D, M, V. New paths open for you in December. July of next year will be most romantic, possible month.

**GEMES (Mar. 21-Apr. 19):** Conserve assets; marriage; and college figures prominently. Security dominates. You get what you want if indeed you have conserved finances. Cancer, native is in picture.

**TAURUS (Apr. 20-May 20):** Have fun, but be aware of legal requirements, including zoning laws. Spotlight on civic duties, service and the arts. If you wait, you wait. Time is on your side Sagittarius involved.

**GEMINI (May 21-June 20):** Handle details, check working time. You will overcome obstacles and beat the odds. Testify for purpose of rebuilding. Scorpio, Taurus individuals play outstanding roles.

**CANCER (June 21-July 22):** You are personality and sex appeal. Be ready for a variety of experiences, sensations. Be open-minded without being naive. Written word will play essential role. Virgo representative.

**LEO (July 23-Aug. 22):** Attention revolves around where you live, marital status. Restrictions are temporary and necessary. You will be sheltered, protected and loved. Taurus, Libra play major roles.

**VIRGO (Aug. 23-Sept. 22):** It is fun to be fooled but not to be deceived. Be careful; you have not been told complete story. Romance is exciting but might not be lasting. Places will play amusing role.

**LIBRA (Sept. 23-Oct. 22):** Oursie priorities and then go "straight ahead." You get green light from authorities. New Moon in your Second House equates to income potential, resolution of "missing key." Cancer involved.

**SCORPIO (Oct. 23-Nov. 21):** Lunar cycle high, circumstances take dramatic turn in your first judgment, intuitive faculty on target; heed inner feelings.

**HOROSCOPE**  
Sydney Omarr

ings. You will be at right place almost effortlessly.


**SAGITTARIUS (Nov. 22-Dec. 21):** Light up your home! Avoid walking through dark hallways. Love relationship is hot and heavy. Don't play games with emotions. "Secret" meeting involves you; tonight you will learn about it.

**CAPRICORN (Dec. 22-Jan. 19):** Wishes come true! You will have luck in matters of speculation by sticking with number 2. You win friends your influence is awesome. Elements of timing and luck will ride with you.

**AQUARIUS (Jan. 20-Feb. 18):** Prestige is highlighted; your wit and intelligence surface. You will direct social group in presentation of ideas! No holds barred, including politics and religion.

**PISCES (Feb. 19-Mar. 20):** Philosophical discussion tonight could change your views on love and marriage. Spiritual values surface. Open lines of communication. You encounter fascinating individual from foreign land.

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State Senate District 23  
Nov. 5th



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**VOTE Dan Ralphs**  
Democrat for Idaho Representative District #27 Position A

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**Tom Mikesell**  
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MAGIC VALLEY/WEST

MINIDOKA COUNTY COURTS

The Times-Herald

RUPERT - Recent activity in 5th District Court in Minidoka County included the following:

Misdemeanor dismissals

Chad O. Ashford, 21, 307 E. 16th St., Rupert; charged dog violation. ... August Blum, 66, 413 S. Val Verde Drive, Rupert; driving without privilege, \$62.50 court costs, Magistrate Judge Roy C. Holloway.

Misdemeanor sentencing

Audiegn Gonzalez, 22, 954 Burton Ave., Burley; one count of driving without privilege, \$25 fine, \$63.50 court costs. ... Hector M. Reyes, 30, 131 5th St., Rupert; one count of contempt of court, pleaded guilty, \$63.50 court costs.

Court records

Burley; driving without privilege, \$63.50 court costs. ... Daniel Gudeglock, 43, 1622 E. Drive, Rupert; one count of possession of drug paraphernalia with intent to use, dismissed, one count dismissed, one count suspended, 12 months probation.

Adelberto Maldonado Gonzalez, 51, 450 E. 26 St., Burley; driving without privilege, \$63.50 court costs.

Driving under the influence sentencing

William J. Taylor, 48, 140 W. 45 Lane R, Rupert; misdemeanor, pleaded guilty, \$200 fine, \$78.50 court costs, 30 days in jail, 28 days suspended, 12 months probation, 90 days driver's license suspension.

Felony sentencing

Trevor Von Pohl, 27, 154 Dobson, Twin Falls; probation violation, pleaded guilty, conviction reinstated, 24 months probation, 90 days in jail, 90 days suspended, 24 months probation.

Withheld Judgment

Michael K. Wilson, 22, P.O. Box 603, Rupert; misdemeanor driving under the influence, 30 days in jail, 30 days suspended, 12 months probation.

Deferred prosecutions

Rodney Lee Denker, 34, 3327 Parks Ave., Burley; use of telephone to harass, Magistrate Judge Roy C. Holloway.

Juvenile sentencing

Jaime Lopez, 16, 200 S. 300 W., Rupert; invalid driver's license, pleaded guilty, \$63.50 court costs. ... Steven M. Harrison, 19, 325 S. 1250 W., Burley; reckless driving, pleaded guilty, \$100 fine, \$63.50 court costs.

Misdemeanor dismissals

Derik Alan Dry, 22, 316 Adams, Mo., Jerome; driving without privilege, \$63.50 court costs. ... Brenda S. Mitchell, 53, 1751 Fowler St., Apt. 112, Jerome; driving without privilege, \$63.50 court costs.

Felony arraignments

Steven Michael O'Boyle, 21, 322 E. Ave. I, Jerome; two counts delivery of a controlled substance, two counts criminal conspiracy, possession of a controlled substance, pretrial conference Nov. 25, 10:30 a.m.

Dycons

Ryan C. Hagley vs. Shanel J. Hagley and James H. Hagley vs. Michael H. Hagley. ... State of Idaho Department of Health and Welfare vs. Alexander Garcia and Jenifer W. Garcia.

Civil filings

Valley Co. vs. John Cahill. Seeking \$96,322 plus insurance charges, \$1,900 in late fees and \$300 in attorney fees.

Child support cases

State of Idaho Department of Health and Welfare vs. Michael Broder. Seeking determination that Michael Broder is liable for support of children.

Divorces

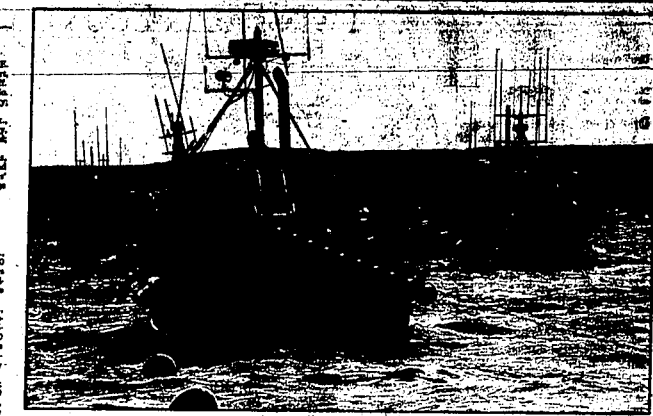
Troy Joseph Anderson vs. Catin Johanna Anderson. ... State of Idaho Department of Health and Welfare vs. Robert Ivan Gynshburgh.

Juvenile misdemeanor sentencing

Ronan Cromer, 15, 242 Washington St., No. 106, Gooding; failure to purchase/transfer driver's license, \$63.50 court costs.

Child support cases

State of Idaho Department of Health and Welfare vs. Casey Lynn Espinoza. Seeking \$4,252 for medical assistance granted.



The New Wave lets out her drift nets during a net salmon opening in the Maknek River near Maknek, Alaska, in this undated file photo.

With declining prices, Alaska fishermen eye taboo practices

ANCHORAGE, Alaska (AP) - With the value of their catches plunging, commercial salmon fishermen in Alaska are beginning to embrace once-taboo ideas to save their livelihoods.



Gary Sharp nets a massive king salmon into a net at the docks in Otokook, Alaska, in the Makookin Bay area, in June 2002. With the value of their catches plunging, commercial salmon fishermen in Alaska are beginning to embrace once-taboo ideas, such as fish traps, to save their livelihoods.

They include a return to fish traps, a hated symbol of corporate and ecological abuse banned when Alaska became a state in 1959.

Other ideas include a public buyout of state fishing permits and a shift from competition to cooperation among fishermen in some areas of the state.

All the ideas face legal or other impediments, not the least of which is the long tradition of bitter squabbling among fishermen, seafood packers and regions.

But fishermen, regulators, economists and others at a workshop Monday and Tuesday at the University of Alaska-Anchorage said industry reform is vital to keep fishermen and coastal communities alive.

The industry has two main problems. First, Alaska's still lacks state-of-the-art technology that has helped other states.

The second problem is inefficiency. In most of the commercial salmon fisheries from Ketchikan to Kotzebue, too many fishermen have boats and permits.

The value of salmon has dropped 50 percent in the last two years, said Tom Gemmell, executive director of the Juneau-based trade association United Fishermen of Alaska.

In fact, total dockside salmon value has plunged by 82 percent since 1988, from \$782 million to \$141 million this year, according to the Department of Fish and Game.

Alaska's Fortymile caribou herd reclaims glory at its historic range

FAIRBANKS, Alaska (AP) - Thousands of animals in the Fortymile caribou herd forded the Yukon River for the first time in decades last week, as the once-declined herd reclaimed part of its past glory.

Biologists who study the herd believe it is the first time the herd has crossed the Yukon River since the early 1960s, said wildlife biologist Craig Gardner with the Alaska Department of Fish and Game.

This is a real big deal," he said. "If you read the papers from Dawson City in the early 1900s, this is how it used to be. This is how it was common."

Caribou from the Fortymile herd are shown in eastern Alaska in late summer 2002 in this photo from the Alaska Department of Fish and Game, in a sign that the herd is growing in size, the Fortymile herd forded the Yukon River for the first time in decades earlier this week.

The Fortymile herd - which dwelled from more than a half million in the 1920s to only 500 animals in the early 1970s - has more than doubled in size since biologists began a recovery plan in 1995. The latest population estimate puts the herd at about

46,000, enough to prop the herd to expand its range. "We knew it was going to be a density-related move, but we never knew what density it would be," Gardner said of the herd crossing the Yukon River. "You can't keep growing a caribou herd and have it staying in the same range."

JEROME COUNTY COURTS

The Times-Herald

JEROME - Recent activity in 5th District Court in Jerome County included the following:

Misdemeanor arraignments

Rubi, driving without privilege, \$63.50 court costs. ... Dennis L. Dudley, 29, 131 Dennis Circle, Burley; driving without privilege, pleaded guilty, \$63.50 court costs.

Program, Magistrate Judge Thomas H. Borenson.

Thomas Charles Stuart, 44, 154 W. 280 S., Jerome; reckless driving intended to injure, \$63.50 court costs. ... Steven M. Harrison, 19, 325 S. 1250 W., Burley; reckless driving, pleaded guilty, \$100 fine, \$63.50 court costs.

open account and for insufficient funds on a check amount to the plaintiff.

Valley Co. vs. Douglas Herweg. Seeking \$4,252 plus insurance charges, \$1,900 in late fees and \$300 in attorney fees.

Statewide Collections vs. Jerry Cromer.

Seeking \$1,343.08, \$340 attorney fees, Plaintiff alleges defendant owes for goods charged on an account.

State of Idaho Department of Health and Welfare vs. Erin M. Chabot.

Seeking determination that Erin M. Chabot is liable for support of children.

Child support cases

State of Idaho Department of Health and Welfare vs. Michael Broder. Seeking determination that Michael Broder is liable for support of children.

Divorces

Troy Joseph Anderson vs. Catin Johanna Anderson. ... State of Idaho Department of Health and Welfare vs. Robert Ivan Gynshburgh.

Juvenile misdemeanor sentencing

Ronan Cromer, 15, 242 Washington St., No. 106, Gooding; failure to purchase/transfer driver's license, \$63.50 court costs.

Child support cases

State of Idaho Department of Health and Welfare vs. Casey Lynn Espinoza. Seeking \$4,252 for medical assistance granted.

GOODING COUNTY COURTS

The Times-Herald

GOODING - Recent activity in 5th District Court in Gooding County included the following:

Misdemeanor arraignments

John J. Allman, 61, 2869 S. 1900 E., Wendell; driving without privilege, \$63.50 court costs. ... Lorena Dee Preston, 25, 711 Ninth Ave. S., Burley; driving without privilege, \$63.50 court costs.

Name; failure to maintain liability insurance, \$75 fine, \$125 court costs.

State vs. Robert Anthony Scailleras, 49, 1331 S. 8th St., Gooding; child present during battery/assault, child present during battery, \$250 fine, \$63.50 court costs.

Divorces

Troy Joseph Anderson vs. Catin Johanna Anderson. ... State of Idaho Department of Health and Welfare vs. Robert Ivan Gynshburgh.

Juvenile misdemeanor sentencing

Ronan Cromer, 15, 242 Washington St., No. 106, Gooding; failure to purchase/transfer driver's license, \$63.50 court costs.

Child support cases

State of Idaho Department of Health and Welfare vs. Casey Lynn Espinoza. Seeking \$4,252 for medical assistance granted.

royalty at a stop sign, \$20.50 fine, \$32.50 court costs, Magistrate Judge Kevin P. Cassidy.

Civil filings

Credit Review of Lewiston Clarkston vs. Bill Shaggs Jr. ... State of Idaho Department of Health and Welfare vs. Robert Ivan Gynshburgh.

Divorces

Troy Joseph Anderson vs. Catin Johanna Anderson. ... State of Idaho Department of Health and Welfare vs. Robert Ivan Gynshburgh.

Juvenile misdemeanor sentencing

Ronan Cromer, 15, 242 Washington St., No. 106, Gooding; failure to purchase/transfer driver's license, \$63.50 court costs.

Child support cases

State of Idaho Department of Health and Welfare vs. Casey Lynn Espinoza. Seeking \$4,252 for medical assistance granted.



## OTHER VIEWS

### Idahoans frown upon this year's Senate smackdown

The Idaho State Journal (Pocatello)

U.S. Sen. Larry Craig and his Democratic challenger Alan Blinken decreased the value of this year's campaign season. Idaho residents have been given short shrift thanks to a campaign climate more appropriate inside the ring at a WWF cage match.

The two men, presumably the most capable each party has to offer, have spent more time trying to convince voters why his opponent isn't worthy of the position than they have debating and discussing the issues. We'll get occasional gems from each candidate.

Blinken's prescription drug plan is worthy of consideration, and it's tough to question Craig's quarter century of service to the state — but for the most part, the campaign has consisted of one jab followed quickly by another.

A few minutes of hearing about how Blinken supported gun control in New York, but doesn't support gun control here in Idaho, and how Craig is a slave to corporate campaign donors, peppered with off-the-cuff insults and snide, sophomoric retorts and the intuitive voter realizes that it would be a shame for this sort of political sniping to go to Washington, D.C., posing as representative of Idaho.

While it's not likely this year's Senate campaign is worth salvaging — Craig will almost undoubtedly trounce his opponent simply based on

his party affiliation and the conservative leanings of most Idaho voters — there's promise for other political hopefuls out there who would rather stick to the issues instead of point out their opponents' shortcomings. Craig's and Blinken's performances represent what's wrong with politics today: there's little emphasis on the issues affecting the lives of Idaho residents and too much focus on the one-upmanship. Essentially, we've regressed at a time Idaho really needs a shot in the arm — our economy is in trouble, our educational system is underfunded and issues like natural resource preservation (water, timber, grazing, endangered species, etc.) are quickly coming to

**Their view:** This guest editorial from the Idaho State Journal in Pocatello says the jabs being thrown between Larry Craig and Alan Blinken aren't impressing Idaho voters. **What do you think?** We welcome viewpoints from our readers on this and other issues.

the fore. Craig and Blinken are letting Idaho residents down with their negative campaign ploys and their debate-night finger pointing. Most of us expected more from two men purported to be honorable public servants. And it's pretty clear that these two candidates don't respect each other, but by the way they perform out in public, it's hard to believe either has much respect for voters, either.

If Idaho residents are disappointed in their choices for U.S. Senate when they go to cast their ballots on Tuesday, there'll be good reason. If anything good can come from this year's U.S. Senate campaign, perhaps it's in the form of an example for future politicians that adeptly demonstrates what not to do to impress the electorate.



## LETTERS

### Let voters throw out bad politicians.

I believe that if an elected official fails his or her performance evaluation and is not performing up to the expected standard, then their term should be ended at the ballot box. The idea of taking away the option of voting for the most qualified candidate is absurd. The argument for term limits is muted when you consider that the turnover in the state Legislature is 29 percent this session. The Senate will have 13 new members and the House will have 16 new members with many of the committee chairs open for new chairmen.

I want to continue to be able to vote for the candidate that I feel is the best person for the position regardless of the terms that they have served. I know of no business that would be successful in eliminating their most qualified and best trained personnel, and I do not believe it is in the best interest of our state and local government to operate in this manner.

I urge you to vote yes on Proposition 2 and keep your right to vote for the candidate of your choice.

**CLARK KAUFFMAN**  
Filler

### Howard's signs are placed at real homes

As we were driving around Twin Falls, I told my mom that the signs for Dr. Marilyn Howard were mostly at people's houses, where people actually live, and the signs for Luna were mostly at empty lots and at businesses.

She told me that the people who volunteer about the race for superintendent of schools, and I couldn't agree more.

**LAUREN DAVIS**  
Twin Falls

### Experienced teachers back Marilyn Howard

Any businessperson knows that the best way to run a business into the ground is to hire a chief executive officer for that business who is neither trusted nor respected by the employees. Employee morale and productivity will be the first victims of an unsupported CEO's reign.

My mom is a teacher, and I know that Idaho's teachers trust Dr. Marilyn Howard. They value her experience "in the trenches" and her intelligence, and when she says "listen," the teachers do. She is a trusted CEO who is supported by her employees.

When the article came out about teachers passing out yard signs, I asked my mom, "Doesn't that just mean that the teachers support her?" Mom said that pretty much sums it up.

I will be voting in my first elec-

tion for Dr. Marilyn Howard for superintendent of public instruction. **STEPHANIE DAVIS**  
Twin Falls

### Term limits help stop political corruption

New Gingrich and the "Contract with America" is where I heard of term limits for the first time. History shows that George Washington believed in term limits. The intention of our founding fathers was that our governing bodies be run by citizens. I think we should give their original idea a try.

There are currently 19 states with term limits. All the states that have them do not have repealed it. Perhaps we will like it, too.

There are those that say term limits will keep them from voting for the candidate of their choice. This is not true. Even someone who has served the prescribed time can offer themselves as a candidate for the next election. The people who say this obviously do not think the people of Idaho are literate enough to write in the person of their choice when that person writes in candidly about their standing manner that their service is demanded beyond the lawful limits.

If you have lived in Idaho as long as I have — more than 50 years — you have probably heard, or rarely, read in a newspaper about some of the corruption that occurs on city, county and state level. Keeping someone in office indefinitely gives them the opportunity to develop the sense of power and the connections that enable unscrupulous situations to occur. This is a problem in Idaho and burying our heads in the sand will not change it. Term limits might.

People who have held office for a long time become stagnant in their thinking. It is just human nature. New people means new creative ideas and approaches to old problems.

As for the "lame duck" issue, is the president a "lame duck" because he is only in office for eight years maximum? Eleven out of 15 years hardly qualifies as "lame duck" for anyone when most people in the country change jobs or professions on an average every 10 years (possibly a human's unofficial "burnout" level).

People in Idaho are smart, capable, strong, decisive, creative, flexible, accepting and many other wonderful human traits. It does not take us 10 years to get "up to speed" in any given situation.

Term limits will not take away our "right to vote" (see above). And you know what? We did vote! We voted for term limits. Let us give them a try.

Vote to repeal the repeal. No on Proposition 2. **LITA WIT**  
Twin Falls

### Teachers ignore other ideas with Luna

Tom Luna promises to raise public education in Idaho to higher levels of achievement. He will not let children at the beginning of the school year to see what their personal needs are. Currently students are tested but the results are not received until too late for the teachers to effectively address the problems.

Tom promises that by measuring every child, we can assure that every student graduates from our schools with the best possible education commensurate with his or her abilities.

Marilyn Howard's campaign seems content to keep our standards low and to continue to feed the lowest common denominator.

Marilyn focuses on money, and while education certainly requires funding, by neglecting other issues she is ignoring other issues that are important.

What puzzles me is teachers who are taught to ask students to look at both sides of the question; to think outside of the box; to examine all possibilities and to develop their personal knowledge have themselves refused to even listen to Tom Luna. Teachers have been tested personally at events where they would address their questions. What are they afraid of? Does the National Education Association and Idaho Education Association own their very souls? Do teachers expect less of themselves than they do of the students? How can they make reasonable decisions based on facts if they only look at one point of view?

Tom has a plan that will improve a system that is floundering. Can we afford to wait and miss a great opportunity? Four more years of Superintendent Howard is a long time in the life of a third-grader.

The president of the United States listened to Tom. The secretary of education and many other respected individuals have listened to Tom, but our very own teachers refuse to.

How terribly sad that they are not willing to examine other possibilities, to think outside the box. How terribly sad that they are willing to sacrifice an opportunity for real reforms and changes in the educational system.

Please listen, consider, and then I'm sure you will join me in voting for Tom Luna. **MARILYN HEMPLEMAN**  
Twin Falls  
(Editor's note: Marilyn Hempleman is president of the Twin Falls County Republican Women.)

## LETTERS

**Agriculture policies**  
reek of corruption  
The only thing that prints worse than the dailies are some of our government. Recently, the Department of Agriculture announced that it is now going to help fund milk dairies (the ones being forced out by the drought). This help was not to be for the dairies or feed-lot operators. It was to be for the ranchers who graze their livestock on public lands. The great idea was to set up and left them with no alternative but to buy hay or sell their livestock.

First, our secretary of agriculture announced that the help was to come in the form of feed vouchers to give ranchers access to feed stores. The stores would stock the government's surplus feed. The stores would be fed to cows and calves. Any extra feed would be sold to cow and ewe eaters. In our secretary of agriculture and this administration so dumb that they don't know their own mind.

Now, they have changed the rules, to give cash per head on cows, sheep, goats, buffalo and all of the things, dairies. The lion's share will go to the dairies. To make sure that you, the taxpayer, declared drought designation, Gooding and Twin Falls counties have this designation. Many surrounding counties do not. Yet Gooding County and Twin Falls County hold mostly dairy herds. This gives them the money and leaves the drought-stricken ranchers in other areas high and dry.

Do the dairies really need drought help? Are they suffering low prices? Due to their greed and over-production, the government would not have tons of surplus milk trying to sell where the taxpayer dollars should be.

The ranchers with cows and sheep are suffering from the competition from the dairy's pay more for hay, and also from Uncle Sam allowing foreign meat and beef from Mexico and Canada and elsewhere and lamb from New Zealand and Australia. The matter worse to make the matter worse to make the matter just announced two large grants to go to Independent Meat and a milk processing plant. This has been going on for a long time. I am sure that some of the candidates running for office are part of this corruption, except for Bill Chisholm from Buhl. We need to elect writes-in, third party or whatever it takes to rid politics of this kind of corruption. **JERRI L. TABLER**  
Buhl

**Block understands challenges in agriculture**

I am voting for Sharon Block for state representative on Nov. 5.

Sharon grew up on an Idaho farm and ranch. Driving a tractor, working on the sprud harvester, and raising 4-H steers are things that Sharon knows well. Sharon also knows the challenges that agriculture faces today. She knows that to be successful, Idaho's farmers and ranchers need fair trade, open markets, and multiple use of public lands. Sharon knows how critical our water rights are. She firmly supports the Doctrine of Prior Appropriation, "first in time first in right," and understands the need for conjunctive water management. Sharon will help fight to protect our water.

I know that Sharon will continue to fight for the values and policies that are important to the Magic Valley when she is re-elected. Sharon cares about the Magic Valley and our rural heritage. That is why Sharon Block is getting my vote and deserves your vote, too. **BEV CLAIBORN**  
Kimberly

## The Times-News

Stephen Hargren ..... Publisher  
Clark Walworth ..... Managing editor Mike Smith ..... Advertising director  
The members of the editorial board and writers of editorials are Stephen Hargren, Clark Walworth, Steve Crump, David Cooper and Shelley Ridenour.

### Write to us

The Times-News welcomes letters from readers on subjects of public interest. Because of space constraints, please limit letters to 400 words. Include your signature, mailing address and telephone

number. Writers who sign letters with false names will be permanently barred from publication. Letters may be brought to our Twin Falls or Burley office; mailed to P.O. Box 548, Twin Falls, ID 83303.

## LETTER

### Farming roots give Block good support

I urge Magic Valley voters to cast their ballots for Sharon Block on Nov. 5.

I have known Sharon all of her life. She has the experience and qualifications to serve our community well. Sharon grew up on an Idaho farm and ranch. She was a teacher for many years in Twin Falls and now runs a small business. Sharon and her husband are

longtime residents of Twin Falls and have raised their family here. Sharon understands the importance of family and of public service. She has served our community well, giving time and energy to countless projects and organizations. Sharon has represented the concerns of her constituents in the Legislature.

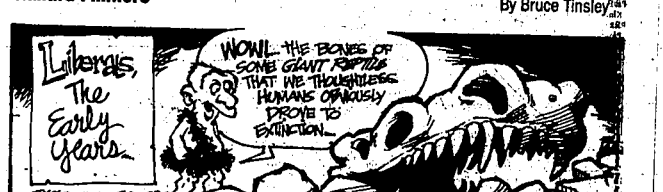
Sharon Block is getting my vote for state representative. **JESSIE LINGNAW**  
Twin Falls

### Doonesbury



By Garry Trudeau

### Mallard Fillmore



By Bruce Tinsley



LETTERS

Schools make gains

While under Howard... The children of Idaho deserve the best. There is a lot of talk about Republican and Democrats about the money that's going toward education, but very little talk about what affects this election for the superintendent of public schools will happen the children of Idaho.



Teachers are making their decision based solely on the information they have gotten from the Idaho Education Association. As a side note, we as taxpayers are paying for much of the distribution of teacher union propaganda, since they use the e-mail on teachers' computers (public property).

Howard is extremely specific in his answers, exhibiting his wealth of knowledge on law, the Idaho Constitution and educational issues. She obviously knows her job. She has even very politely corrected Mr. Luna on some issues like the setting of teacher and administrative salaries which are under local control. She demonstrates an ethical, law-abiding approach to the execution of her duties.

There have been tremendous advances in testing, accountability for teachers and administrators and teacher training in reading and in teaching. There will always be a few bad teachers, but I'm proud of those I've had the privilege of working with on a daily basis as well as those I've gotten to know through the workbooks that all teachers must go through through the Northwest Nazarene University. Most teachers are conscientious, well-trained, over-loaded with new techniques, but still doing everything they can to help the children under their instruction excel.

Tom Luna has tried to reach out to teachers. On numerous occasions they have been invited to hear him speak. He has set up meetings to address their concerns and has personally invited them to meetings. Yet no one has heard his message. In other parts of the state, Tom has been able to talk to some teachers. Many came away from a question-and-answer session amazed they had never heard the things Mr. Luna was saying in the information they had gotten from the union (surprise, surprise).

As these times we see her composed, considerate nature which makes her a cherished childhood teacher among former students. If you've observed her speaking with parents, you know that she has specific, direct, realistic answers to their questions. Tiring, unproven, generalized rhetoric laced with catchy slogans, or specific, succinct answers to Idaho's educational issues? Dr. Howard personifies grace under fire.

The positive direction education has taken has been the direct result of Marilyn Howard's leadership. She's been in the classroom. She knows what children need to be better readers and students. She knows the standards that all teachers must strive to achieve. She cares first for the children of Idaho. We don't need another "good old boy" who has never taught in the classroom, doesn't know what it takes for every child to become a good reader, and certainly doesn't have the knowledge and expertise in education to keep Idaho's children accelerating toward excellence.

So, teachers, if you are bent on making an uninformed decision, please don't teach that skill to my children. I believe in Tom Luna's ideas and plan to vote for him. Please join me. JOSH THOMPSON Jerome

That quality made her a great teacher and makes her the finest choice for leader of Idaho's schools. PAULA CHAPMAN Twin Falls

Teachers are bent on making uninformed decisions. As a group, teachers are among the best educated members of our society. This is important because they are charged with the heaviest of responsibilities—educating our children. One of the things that I, as a parent, expect of teachers is that they teach children to be good citizens and make informed decisions.

On the other hand, Dr. Marilyn Howard is extremely specific in his answers, exhibiting his wealth of knowledge on law, the Idaho Constitution and educational issues. She obviously knows her job. She has even very politely corrected Mr. Luna on some issues like the setting of teacher and administrative salaries which are under local control. She demonstrates an ethical, law-abiding approach to the execution of her duties.

Do you think that the government that governs best is the government that is closest to home? Do you think that decisions made at a local level are better than decisions made in Boise? If you believe in local decision-making, who better to send to Boise as a lawmaker than one who has served at the local level with years of experience in local government.

VOTE Sharon BLOCK STATE REPRESENTATIVE

Is being too clean making us sick? see page B1

Support Local Law Enforcement

If term limits are re-imposed, Idaho's experienced Sheriffs and Prosecutors will be eliminated. Rookie Prosecutors will not be competitive in the courtroom against experienced private defense attorneys and public defenders—neither of whom are term limited. Rookie Sheriffs will lack the skills necessary to fight crime. Criminals will go free. Crime will go unpunished. Citizens will go unprotected.

- Join the following Law Enforcement Officers in Opposing Term Limits by voting "YES" on Proposition 2.
Wells Ashby, Prosecutor; Paul Beatty, Sheriff; Alfred Barren, Cassia County; ...

Vote "YES" on Prop. 2

scores when there is not a "right" answer. His being a certified public accountant has been a valuable asset to Gooding County. He will make a great state senator. Vote Tom Faulkner for state senator. FATTY BAUSCHER Gooding

Tom Luna distorts the educational debate

I am tired of Tom Luna representing himself as passionate about education. He states that his real education began when he quit college. On the job experience provides an invaluable education, but I was passionate enough about learning to finish my degree. I convey that passion for learning to my students. Dr. Howard knows that passion for learning is the driving force behind every good teacher. She is passionate about learning while Luna seems passionate about the structure of education and politics.

actually take \$30 million from public schools and could only be used at non-religious schools. Two of Judge Roy Holloway's 17 schools in our area would qualify.

For stability in decision-making, integrity and passionate leadership, please support Dr. Howard for superintendent of public instruction. JOANN L. MCFARLANE Kimberly

Judge Holloway works hard on the bench

I'd like to set the record straight. Judge Holloway is a hard-working, conscientious magistrate. He has served Cassia County for the past two decades faithfully and honorably.

He certainly has my vote to be retained in the upcoming election. I urge all of my friends, clients and former clients to vote yes for Judge Roy Holloway to be retained as magistrate in Cassia County in the upcoming election. KENNETH L. PEDERSEN Twin Falls

Protect for Your Right to Vote

Dear Voter: We ask you to join us in voting "YES" on Proposition 2. Proposition 2 is this year's Term Limits proposal. It is very confusing: A "YES" vote on Proposition 2 is a vote against raising Term Limits; a "NO" vote puts Term Limits on all elected officials in Idaho. You have the right to elect the most qualified candidate for elected office and should not be hindered by a law that prohibits your right of choice. Term Limits take away your right to vote for the candidates of your choice.

Vote "YES" on Prop. 2

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Helped lead fight to stop power projects at Star Falls, Boulder Rapids and Kanaka Rapids
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NATION

# Ohio GOP ad uses WTC images

WASHINGTON (AP) — Infuriated Democrats on Sunday called for Ohio Republicans to pull a television ad using images of the destroyed World Trade Center and New York City's Ground Zero area in an ad against Ohio Democratic congressional candidate Tim Ryan, calling it "disrespectful" and "a new low."

The political ad is believed to be the first in the country to use images of the destroyed towers, where 2,995 people died after the terrorist attacks of Sept. 11, in a negative political ad, Ryan claimed.

It was not clear when the ad started running, but two of the three television stations in Youngstown said they had aired it.

The issue ad, paid for by the Ohio Republican Party, starts out with a satellite shot of the Ground Zero area with the familiar plume of smoke rising in the air. A female voice narrates "Americans are targets across the world: shootings, bombing, murders."

The ad then dissolves into a ground level shot of the destroyed towers, as the voice



continues: "America must fight back with the strongest military possible yet what does Tim Ryan say?"

The rest of the television spot complains about Ryan's positions with an image of Ryan and a changing placard. It wraps up with "Tim Ryan is dead wrong on homeland security. Call Tim Ryan. Tell him it's about time he stood up for America."

Ohio Republican Party spokesman Jason Mauk said he could not make a copy of the 30-second spot available to the media Sunday but did not deny responsibility for its production. He did not provide any more information about the advertisement.

Democrats immediately

attacked the spot. "This is a new low," Ryan said. "Apparently, my opponent has no shame and will do anything to get elected, including exploiting the saddest day in our nation's history, its victims and their families."

"To use such a horrible tragedy in a political way is disrespectful to all those affected by the terrible events of September 11th and has no place in politics," added Rep. Mitt M. Lowey, D-N.Y., head of the Democratic Congressional Campaign Committee.

"I call on the Republicans to stop airing this ad immediately," Lowey said. "It is unacceptable that the Republicans feel the need to stoop to this level to try to win an election they weren't going to win in the first place. They should stop airing this ad right away and they owe the voters and Tim Ryan an apology."

Ryan and GOP candidate Ann Womser Benjamin are battling former Rep. James A. Traficant Jr. for the seat in Ohio's 17th Congressional District. Traficant is running his election campaign from prison after being ousted from Congress and being sent to prison for bribery and racketeering.

# Dem gives ex-football star tough run in Oklahoma

OKLAHOMA CITY (AP) — The race for Oklahoma governor was considered former football star Steve Largent's to lose.

The NFL hall of famer and former congressman's strong name recognition and fund-raising power gave him the kind of front-runner status most politicians would envy, but his opponent, a state senator, is giving Largent a surprisingly strong run for his money.

Democrat Brad Henry trailed by a wide margin in August polls. A mid-October survey sponsored by the Tulsa World newspaper, how-

ever, showed Henry trailing Largent by just 7 percentage points in a poll with a margin of sampling error of plus or minus 3.5 percentage points.

Largent's Web site carried a different survey Friday showing him with a 10-point advantage, but Democrats scoffed at the numbers and point to a recently released survey showing Henry with a two-point lead.

"That definitely raises the anxiety level," Largent said. "It is the only poll we have ever seen where we were trailing. That shoots the blood pressure up, but

just all along the time is up to be a close race."

Henry, who began his Oklahoma gubernatorial campaign with little name recognition, may also be getting a boost from a third gubernatorial candidate, independent Gary Richardson, who appears to be siphoning some support from Largent.

When Largent, 47, resigned his congressional post after 3.5 years to run for governor, he immediately became the front-runner to succeed two-term GOP Gov. Frank Keating, who is barred by law from seeking a third term.

# Bush: GOP candidate is Minnesota's future

ST. PAUL, Minn. — President Bush paid solemn tribute Sunday to Sen. Paul Wellstone, the Democrat killed last month in a plane crash, but fought to derail Walter Mondale's bid to succeed Wellstone, telling Minnesotans that Republican Norm Coleman is the state's future.

"Believe me when I say, we need fresh air in the United States Senate," Bush said, an apparent reference to the fact that Mondale already served in that body, from 1964-1976. "The future of Minnesota rests with Norm Coleman."

In an extraordinary departure from his standard stump speech, Bush opened his remarks by saying Minnesotans were going through "a traumatic time" following Wellstone's death.

Democrat-turned-Republican Coleman, basking in the presence of a president, pledged to thousands of GOP activists in a sports arena: "Give me your support, give me the next two years of your life, and I will give you six years of the kind of leadership that will make you very, very proud."

## Nation in brief

### Poll finds Pawlenty, Moe atop race for governor

MINNEAPOLIS — The race for Minnesota governor is boiling down to Republican Tim Pawlenty and Democrat Roger Moe, while Independence Party candidate Tim Penny has lost support, according to two new polls published Sunday.

A Star Tribune Minnesota Poll found 35 percent support for Pawlenty and 32 percent for Moe. A Pioneer Press/Minnesota Public Radio Poll found Pawlenty getting 36 percent support to Moe's 32 percent.

The Star Tribune poll had a margin of error of 3 percentage points while the Pioneer Press poll's margin of error was 4 percentage points, making the race between Pawlenty and Moe too close to call.

Support for Penny stood at 16 percent in both polls. Just a few weeks ago, Star Tribune poll

found Pawlenty and Moe tied at 29 percent while Penny received 27 percent.

### Independent Golisano will stay in N.Y. governor's race

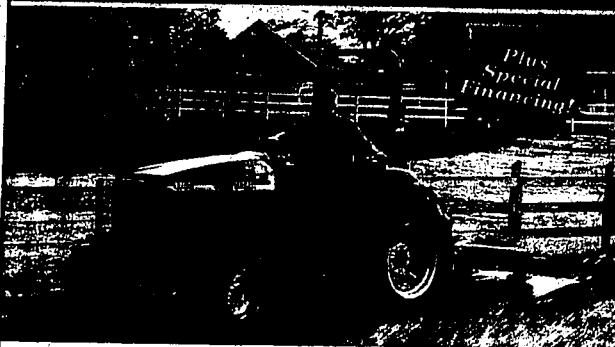
NEW YORK — Billionaire third-party candidate B. Thomas Golisano said Sunday he was staying in New York's race for governor, ending days of speculation that he might quit and endorse Democratic challenger H. Carl McCall.

Golisano made his announcement during a paid, two-minute address broadcast Sunday night. "A vote for me is not wasted. I have been and still am a candidate for governor," he said.

Speculation about Golisano's intentions began on Thursday when his campaign began cutting back TV advertising. Since then, his campaign had been sending mixed signals. The businessman ordered his pollster, John Zogby, on Saturday to begin checking on how the race might change if he pulled out and researched the legality of endorsing McCall.

— compiled from wire reports

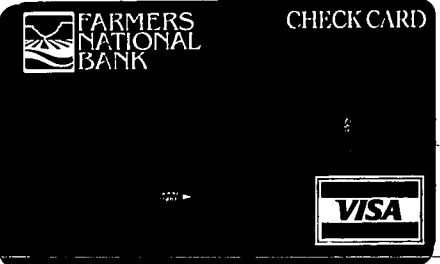
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# Join Us For —

## Festivities In The Magic Valley

Join us for the sixth annual issue of our community calendar for the Holiday Season activities happening here in the Magic Valley.

- Civic Clubs • Schools • Parades • Churches • Arts & Crafts
- Music Performance • Lighting & Decorating features

To be published Sunday, November 10, 2002 to include all events happening from November 10 through December 31.

Clip and fill in this form and mail to the address below:

Name of event: \_\_\_\_\_  
Date & Time: \_\_\_\_\_  
Location (with address): \_\_\_\_\_  
Admission Cost: \_\_\_\_\_  
Contact Person and Phone Number: \_\_\_\_\_  
Write a description, 65 words maximum. Contents may be edited depending on space.

Deadline: Monday, October 28, 2002. (Information received after the 28th will not be eligible.)  
RETURN THIS FORM TO:  
Times-News, c/o Christmas Festivities In The Magic Valley  
P.O. Box 548, Twin Falls, ID 83303-0548



### MORNING LINE

#### SPORTSQUOTE

“At this point in the season, (the BCS rankings) are overblown, they're overexposed and, truly, they make little sense. In short, they're Lee Corso.”

—Sports News columnist Bob Hill

#### TRIVIA

**QUESTION:** Which player holds the NFL record for career fumble recoveries?

...answer below

#### TODAY'S SCHEDULE

**Men's college basketball**  
 Montana Tech JV at CSI, 7:30

#### IN BRIEF

#### SI men open season tonight

**TWIN FALLS** - The College of Southern Idaho men's basketball team opens its season against the NAIA Montana Tech junior varsity team at 7:30 p.m. Monday at the CSI gym.

#### Oklahoma is new No. 1 in the AP poll

A shaky win by Miami against one of the worst teams in the country became a big loss Sunday - the Hurricanes are out No. 1.

Oklahoma replaced Miami as the top team in The Associated Press media poll, ending the Hurricane's record run of 21 consecutive polls at No. 1.

As usual, Oklahoma coach Bob Stoops didn't do cartwheels upon hearing the news that his team was ranked No. 1.

Miami improved to 8-0 with a 42-17 win over Rutgers (1-8), but trailed by three points entering the fourth quarter. Oklahoma moved to 8-0 with a dominating 27-11 win over Colorado (6-3), ranked No. 13 before the game.

Miami takes over the No. 2 spot formerly held by Oklahoma. The defending national champion Hurricanes easily retained their No. 1 spot in the USA Today/ESPN coaches poll.

#### Basketball officials, coaches meet today

**TWIN FALLS** - There will be a meeting for basketball coaches and officials at Twin Falls High School Monday at 7 p.m. Call Brent Kerbs at 208 678-3432 with any questions.

#### Burley booster club meets tonight

**BURLEY** - The Burley High School Booster Club is meeting at the Burley High School conference room at 7 p.m. Call 677-4345 or 678-3044 with any questions.

#### State wrestling rules meeting 7 p.m. at TFHS

**TWIN FALLS** - For officials and coaches teacher's lounge. For more information, call Ed Peterson at 324-5619.

#### Elementary boys hoops tryouts on Nov. 9

**TWIN FALLS** - When at Nov. 9-13 p.m. for all district boys in the Twin Falls School District. Tryouts will be at Twin Falls High School AAU basketball.

**TRIVIA ANSWER:** Quarterback Warren Moon, 56, all his own.

## National Football League

# Brady wins by a bunch



New England Patriots quarterback Tom Brady yells instructions during the second half of his team's 28-7 win over former teammate Drew Bledsoe and the Buffalo Bills in Orchard Park, N.Y. on Sunday.

**The Associated Press**  
**ORCHARD PARK, N.Y.** - Tom Brady was nearly perfect. Drew Bledsoe wasn't.  
 What will they have to say now on talk radio in New England? Maybe talk about Antowain Smith's impressive return with the Patriots to Buffalo?  
 Bledsoe, replaced by Brady last year during New England's Super Bowl run and traded to Buffalo during the offseason, played his first game Sunday against the team with which he matured and starred for nine years. The Patriots won 28-7,acking him once four times, intercepting him once and generally wreaking havoc on a Buffalo team that had won five of its first eight games, or two more than it won in 16 last season.  
 New England's pearly line was that it desperately needed any win after losing its last four after

three straight wins and it really didn't matter that it was against Bledsoe.  
 The reality is that the players know who was on the other side. "I just looked at Drew as an opponent for three hours, no matter how good a friend he was," said offensive lineman Tedy Bruschi, who at one point jawed with Bledsoe at quarterback. "If it was my brother at quarterback, I'd try to knock him down."  
 Still, you could feel the relief in the New England locker room. "I feel like 500-500 extra pounds are off our back," offensive tackle Matt Light said. Asked if the weight was the losing streak or the hype that surrounded the Bledsoe game, Light replied: "The game, of course."  
 Then, he winked.

The numbers all went to Brady, who, it was suggested in various parts of Massachusetts, Rhode Island and New Hampshire last week, should have been dispatched to Buffalo instead of Bledsoe.  
 No matter that Brady was the Super Bowl MVP last year and a cover boy on dozens of magazines.  
 The theme was, "What have you done for me lately?"  
 And lately, New England had lost four straight and Bledsoe had thrown for 2,500 yards in half a season. So Brady responded Sunday with 23 completions in 27 attempts for 310 yards and four touchdowns.  
 Bledsoe, harassed all day, was 28-of-45 for 302 yards and one TD with many of the yards of the garbage time - on an 89-yard drive in the final 2 minutes that ended just short of a meaningless extra TD.

## 49ers win Battle of the Bay

Cortez field goal lifts San Francisco past Oakland, 23-20 in OT

**The Associated Press**  
**OAKLAND, Calif.** - Jose Cortez seized his second chance to win the Battle of the Bay - and Jerry Rice didn't get much of a chance at all.  
 After missing a short kick as regulation ended, Cortez made a 23-yard field goal 5:41 into overtime as the San Francisco 49ers beat the Oakland Raiders 23-20 Sunday.  
 Rice, who set every significant NFL receiving record during 25 seasons with the 49ers, had six catches for 74 yards for the Raiders. But when the game was on the line, he paced on the sideline as San Francisco controlled the ball for more than 15 straight minutes to end the game.  
 Cortez made the final kick, but the victory really belonged to Jeff Garcia and the San Francisco offense, which held the ball for the last 6.5 minutes of regulation and all of overtime.  
 Garcia was 25-of-36 for 282 yards, completing 17 of his 19 passes after halftime to keep the 49ers moving relentlessly downfield. Terrell Owens caught 12 passes for 191 yards, including several key third-down grabs.  
 But Cortez sent the Coliseum crowd into delirium and added another remarkable chapter to this entertaining rivalry when he shanked a 27-yard field-goal attempt on the last play of the fourth quarter. Leaving the game four years ago, the teams last met two years ago, both teams' kickers failed on overtime field goal attempts.  
 But the 49ers (6-2) won the coin toss and simply never stopped moving, with Garcia completing more than a dozen consecutive passes. That set up Cortez for another kick, and this time he made no mistake.  
 The Raiders have lost four



San Francisco kicker Jose Cortez kicks the game-winning field goal in overtime Sunday against the Raiders in Oakland, Calif. Cortez missed the potential game winner at the end of regulation.

straight following a 4-0 start.  
 With their fifth victory in six games, the 49ers claimed Bay Area bragging rights for the next four years, since the teams aren't scheduled to meet again until 2006. It was the 49ers' first regular-season game in Oakland since 1979.

Except for Rice and Jerry Porter, none of Oakland's talented offensive players had much of a game.  
 Rich Gannon was 18-of-28 for 164 yards, ending his NFL record streak of six straight 300-yard games.  
 Garcia hit Tal Streets with a 2-

yard TD pass in the middle of the end zone with 12:57 left in regulation, giving San Francisco a 20-13 lead.  
 But Gannon completed a fourth-down pass to Porter to extend the next drive, which ended with a 10-yard TD run by Charlie Garner with 6:28 left.

## Steelers command AFC North

**The Associated Press**  
**CLEVELAND** - Somebody's going to have to win the weak AFC North, and there's little doubt the Pittsburgh Steelers are the team to beat.  
 Tommy Maddox threw two touchdown passes, Ames Zereoue ran for a career-high 111 yards, and the defense shut down and the Pittsburgh Steelers are the team to beat.  
 Cleveland completely Sunday, giving the Steelers a 23-20 win over the Browns.

With their fourth straight win, the Steelers (5-3) took command of the division.  
 race - they're 4-0 inside the North - and hit the halfway point looking better than they have all season.

Todd Peterson kicked field goals of 43, 28 and 42 yards for the Steelers, whose 0-2 start is becoming more of a blur with each passing week.

Dennis Northcutt had an 87-yard TD punt return for the Browns (4-5), who came in hoping to avenge an overtime loss at Pittsburgh earlier this season. Cleveland also wanted to establish itself as a playoff contender by beating its biggest rival.

Pittsburgh's defense swarmed Browns quarterback Tim Couch all afternoon and limited Cleveland to just 193 yards, including only 36 rushing.

Maddox, now 4-1 since taking over as the starter for Kordell Stewart, threw TD passes in the second quarter to Hines Ward and Mark Bruener as the Steelers rallied from a 14-3 deficit.

Maddox, the former NFL star, finished 23-of-42 for 239 yards. Cleveland forced Pittsburgh to punt and had a chance with 57 seconds left. But out of timeouts and pinned against their end zone, the Browns couldn't see the ball.

## State Volleyball

# New champ crowned in 3A Eagle nets 5A title the hard way

Wood River, Filer tie for fifth place

**By John Derr Times-News writer**  
**BURLEY** - After five years, Bear Lake's run as volleyball champion ended.  
 The trophy won't travel far as District 5 conference for Preston defeated Shelby to claim the 3A state title last Saturday night.  
 It wasn't easy as the championship faced a second championship match, but the Indians were able to prevail in five games, 21-19, 21-16, 16-21, 23-25, 15-12.  
 In a neutral Idaho Conference representative match, Wood River and Filer lost tough

games in earlier consolation action to finish fifth place.  
**Volleyball**  
 Wood River struggled early, but battled Shelby in three close games. They were able to take the third game, but fell 12-21, 19-21, 21-18, 21-19. Filer and Middlesex were even at a game 1 tie, but questionable hit call on game point in the third game led the Vikings to victory 21-9, 19-21, 22-20, 21-4.  
 Shelby would end up playing five matches - 23 games over an 11-hour period. They eliminated fourth-place Middleton in four games (21-16, 22-24, 21-13, 21-14),

and then stopped Bear Lake in five games (21-16, 21-14, 19-21, 20-22, 15-12). Bear Lake finished third. Playing on adrenaline they took another five game victory over Preston in the first championship game 21-11, 21-14, 13-21, 17-21, 15-7.  
**Shelby def. Wood River 12-21, 19-21, 21-18, 21-19**  
 The Wolverines got off to a slow start, but it soon became a classic state volleyball battle.  
 "The girls played really hard," said Wood River coach Tim Richards. "This new rally scoring takes some getting used to."  
 Junior Kater Jessica King, who pounded 14 kills and added a pair of blocks, led the Please see 3A, Page B3

**By Sarah Dean Times-News Writer**  
**TWIN FALLS** - There were tears of joy and of sadness at 11:45 p.m. Saturday after Eagle middle hitter Amanda Fannesrock blocked an attempted kill by Idaho Falls to record the winning point for the state 5A volleyball championship.  
 After narrowly losing to Idaho Falls in the semifinal of the state tournament, the Eagle Mustangs defeated Timberrline 21-19, 19-21, 21-17, and followed up by owning the Tigers in two championship matches, 21-15, 21-17, 18-

21, 21-15 and 18-21, 21-16, 21-16, 21-14, to get the state title at Twin Falls High School.  
**Volleyball**  
 It was a bitter-sweet victory for Idaho Falls to get second place. Tigers coach Wendy Johnson was disappointed that they were so close and lost. However, she only had one senior on her team and hopes to bring a more mature team back to state next year.  
 Please see 5A, Page B-3

# Sunday's NFL leaders

**Passing**  
**Tom Brady, Patriots**  
 Finished 23-of-27 for 310 yards and four touchdowns.

**Jon Kitna, Bengals**  
 Finally got going with four TD passes, hitting 22 of 27 passes for 263 yards in a 38-3 rout of Houston.

**Rushing**  
**Marshall Faulk, Rams**  
 Rushed for 178 yards, including the clinching 13-yard TD, and caught five passes for 58 yards.

**Amos Zereoue, Steelers**  
 Ran for a career-high 111 yards and caught five passes for 62 yards in a 23-20 win at Cleveland.

**Receiving**  
**Koren Robinson, Redskins**  
 Had a career-high eight catches for 100 yards in a 14-3 loss to Washington.

**Arrell Owens, Cowboys**  
 Caught 12 passes for 191 yards, including several key third-down grabs in the second half of a 23-20 overtime win at Oakland.



Amos Zereoue

## American Conference standings

East												
W	L	T	Pct	PF	PA	Score	YAC	YAC	YAC	YAC	YAC	YAC
Indianapolis	5	3	0	616	293	243	5-1-0	2-1-0	2-1-0	2-1-0	2-1-0	2-1-0
New England	4	4	0	374	288	209	3-1-0	2-1-0	2-1-0	2-1-0	2-1-0	2-1-0
New York Jets	4	4	0	300	286	240	2-2-0	2-2-0	2-2-0	2-2-0	2-2-0	2-2-0
N.Y. Giants	3	5	0	375	180	166	3-2-0	3-2-0	3-2-0	3-2-0	3-2-0	3-2-0

South												
W	L	T	Pct	PF	PA	Score	YAC	YAC	YAC	YAC	YAC	YAC
Indianapolis	4	4	0	350	160	167	2-2-0	2-2-0	2-2-0	2-2-0	2-2-0	2-2-0
Atlanta	4	4	0	200	183	212	2-2-0	2-2-0	2-2-0	2-2-0	2-2-0	2-2-0
Houston	4	4	0	444	205	181	2-2-0	2-2-0	2-2-0	2-2-0	2-2-0	2-2-0
Jacksonville	2	6	0	270	214	130	1-3-0	1-3-0	1-3-0	1-3-0	1-3-0	1-3-0

North												
W	L	T	Pct	PF	PA	Score	YAC	YAC	YAC	YAC	YAC	YAC
Pittsburgh	4	3	0	465	192	160	2-1-0	2-1-0	2-1-0	2-1-0	2-1-0	2-1-0
Cleveland	4	3	0	444	205	181	2-2-0	2-2-0	2-2-0	2-2-0	2-2-0	2-2-0
Baltimore	3	5	0	375	180	166	2-2-0	2-2-0	2-2-0	2-2-0	2-2-0	2-2-0
Cincinnati	1	7	0	125	213	214	0-4-0	0-3-0	0-3-0	0-3-0	0-3-0	0-3-0

West												
W	L	T	Pct	PF	PA	Score	YAC	YAC	YAC	YAC	YAC	YAC
Denver	6	2	0	250	207	170	3-1-0	3-1-0	3-1-0	3-1-0	3-1-0	3-1-0
San Diego	6	2	0	250	186	163	3-1-0	3-1-0	3-1-0	3-1-0	3-1-0	3-1-0
Kansas City	4	4	0	300	229	240	2-2-0	2-2-0	2-2-0	2-2-0	2-2-0	2-2-0
Oakland	4	4	0	250	228	186	2-2-0	2-2-0	2-2-0	2-2-0	2-2-0	2-2-0

## National Conference standings

East												
W	L	T	Pct	PF	PA	Score	YAC	YAC	YAC	YAC	YAC	YAC
N.Y. Giants	4	4	0	375	180	166	3-2-0	3-2-0	3-2-0	3-2-0	3-2-0	3-2-0
Washington	4	4	0	300	155	180	2-2-0	2-2-0	2-2-0	2-2-0	2-2-0	2-2-0
Dallas	3	5	0	333	115	135	2-3-0	2-3-0	2-3-0	2-3-0	2-3-0	2-3-0

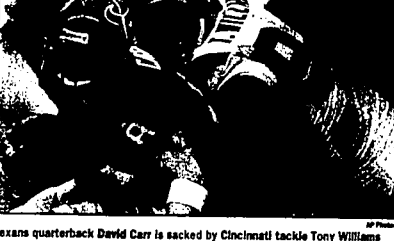
South												
W	L	T	Pct	PF	PA	Score	YAC	YAC	YAC	YAC	YAC	YAC
Tampa Bay	7	2	0	375	200	160	3-1-0	3-1-0	3-1-0	3-1-0	3-1-0	3-1-0
New Orleans	6	2	0	375	226	200	2-1-0	2-1-0	2-1-0	2-1-0	2-1-0	2-1-0
Atlanta	5	3	0	425	187	156	3-2-0	3-2-0	3-2-0	3-2-0	3-2-0	3-2-0
Carolina	3	5	0	375	111	135	1-3-0	1-3-0	1-3-0	1-3-0	1-3-0	1-3-0

North												
W	L	T	Pct	PF	PA	Score	YAC	YAC	YAC	YAC	YAC	YAC
Cleveland	6	1	0	327	220	154	3-2-0	3-2-0	3-2-0	3-2-0	3-2-0	3-2-0
Chicago	3	5	0	375	128	210	1-3-0	1-3-0	1-3-0	1-3-0	1-3-0	1-3-0
Chicago	3	5	0	375	128	210	1-3-0	1-3-0	1-3-0	1-3-0	1-3-0	1-3-0
Minnesota	2	6	0	230	186	230	2-3-0	2-3-0	2-3-0	2-3-0	2-3-0	2-3-0

West												
W	L	T	Pct	PF	PA	Score	YAC	YAC	YAC	YAC	YAC	YAC
San Francisco	6	2	0	375	200	160	3-1-0	3-1-0	3-1-0	3-1-0	3-1-0	3-1-0
Arizona	5	3	0	425	187	156	3-2-0	3-2-0	3-2-0	3-2-0	3-2-0	3-2-0
San Diego	3	5	0	375	186	172	2-3-0	2-3-0	2-3-0	2-3-0	2-3-0	2-3-0
Seattle	2	6	0	228	145	130	1-3-0	1-3-0	1-3-0	1-3-0	1-3-0	1-3-0



Texas quarterback David Carr is sacked by Cincinnati tackle Tony Williams during the third quarter on Sunday in Houston.

# Bengals rout Texans

**HOUSTON (AP) —** Jon Kitna threw four touchdown passes and Arrell Hawkins had a 102-yard interception return for a touchdown as the Bengals became the last team to get a victory this season.

Cincinnati (1-7) made good on receiver Chad Johnson's victory "guarantee" starting with Hawkins' interception on the final play of the first quarter. It tied the longest play in Cincinnati history and put the Bengals ahead for good at 10-3.

Houston quarterback David Carr threw another interception and finished 18-of-32 for 199 yards.

Kitna completed 22 of 27 passes for 263 yards, and his fourth TD pass went for 10 yards to Johnson.

**Rams 27, Cardinals 14**  
**TEMPE, Ariz. —** Marshall Faulk carried the Rams again, rushing for 178 yards and sealing the Rams' third straight victory on a 13-yard touchdown with 1:53 to go.

The Rams (3-5) are 190 when Faulk reaches triple digits in rushing. He also caught five passes for 58 yards.

Marc Bulger, 3-0 as the starter in the absence of injured Kurt Warner, was 20-of-29 for 245 and two touchdowns.

**Jets 41, Chargers 13**  
**SAN DIEGO —** The San Diego Chargers came dressed in their powder-blue throwback jerseys and left looking like powderpuffs after getting worked over by the Jets.

One week after blowing an 18-point lead in a loss to Cleveland, the Jets (3-5) scored their most points since beating Carolina 48-21 on Nov. 29, 1998.

**Redskins 14, Seahawks 3**  
**SEATTLE —** Kenny Watson ran for 110 yards in place of injured starter Stephen Davis, and Shane Matthews threw two first-half touchdowns passes to lead the Redskins.

That was all the offense Washington (4-4) needed, as the Seahawks gave up four sacks and Matt Hasselbeck lost two fumbles, unleashing more boos on the quarterback.

**Giants 24, Jaguars 17**  
**EAST RUTHERFORD, N.J. —** Tim Barber ran for 101 yards and scored on runs of 2 and 44 yards as the Giants broke out of a scoring slump with coach Jim Fassel taking over play-calling duties from offensive coordinator Sean Payton.

Kerry Collins added a reviewed 8-yard touchdown pass to Ron Dixon in helping the Giants (4-4) snap a two-game losing streak. Jim Seder kicked a 24-yard field goal and Mark Brunell threw fourth-quarter touchdowns for Jacksonville (3-5).

**Bucs 38, Vikings 24**  
**TAMPA, Fla. —** The Buccaneers' offense finally played a great game under first-year coach John Gruden. This time again, the yards came against the Vikings' porous defense, which came in ranked 31st against the pass.

Brad Johnson completed 19 of 31 passes for 313 yards, five touchdowns and no interceptions. Keyshawn Johnson had nine receptions for 133 yards and two TDs — all season highs.

**Falcons 20, Ravens 17**  
**ATLANTA —** Michael Vick had a miserable game, but the Falcons won their fourth straight after squandering a 14-point lead.

Two of the straight brilliant outings. Vick completed only 12 of 24 passes for 136 yards.

Without Ray Lewis and starting quarterback Chris Redman, the Ravens (3-5) called behind coach QB 11 Blake, who directed two TD drives — including a season-long 92-yarder — to tie it at 17.

**Eagles 19, Bears 13**  
**CHAMPAIGN, Ill. —** Defense carried Philadelphia again, shutting out the Bears in the second half and stopping their final drive.

Hugh Douglas sacked the quarterback on third down from the Eagles' 24 with 17 seconds to go. Miller threw too high for Marcus Robinson on fourth down. David Akers kicked four second-half field goals for the Eagles.

**Titans 23, Colts 15**  
**INDIANAPOLIS —** Keith Bulluck returned a fumble 61 yards for one touchdown, and Peter Sirmon's interception led to another TD as the Titans moved into a first-place tie in the AFC South.

Eddie George gained 95 yards for the Titans, who jumped to a 30-0 lead.

Peyton Manning completed 37 of 50 passes for 327 yards and two touchdowns, but the Colts' running game generated just 80 yards, and the fans booed the offense.

**Lions 9, Cowboys 7**  
**DETROIT —** Jason Hanson kicked his third field goal from 43 yards out with 48 seconds left as the Lions surpassed last year's victory total.

## SUNDAY'S SUMMARIES

Game	Final Score	Key Stats
Bengals vs Texans	Bengals 27-10	Kitna 22/27, 263 Yds, 4 TDs
Rams vs Cardinals	Rams 27-14	Faulk 178 Yds, 1 TD
Jets vs Chargers	Jets 41-13	Watson 110 Yds, 1 TD
Bucs vs Vikings	Bucs 38-24	Johnson 19/31, 313 Yds, 5 TDs
Falcons vs Ravens	Falcons 20-17	Vick 12/24, 136 Yds
Eagles vs Bears	Eagles 19-13	Douglas 1 sack, 95 Yds
Titans vs Colts	Titans 23-15	George 95 Yds
Lions vs Cowboys	Lions 9-7	Hanson 3 FGs

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# Singh cruises to Tour Championship

# SPORTS IN BRIEF

**ATLANTA (AP)—**Vijay Singh cruised for two final-round victories on Tuesday, holding steady from the field and leading by 3 strokes and closing with a 3-under 67 Sunday to win the season-ending Tour Championship.

Singh, 34, broke through the previous 54-hole record of 137 in the previous two times at East Lake. Singh finally figured out how to close the deal. He put together his best ball-striking round, kept out of trouble and danced everywhere else to break get him.

They carefully tried. Jerry Kelly made six on No. 11 to trim Singh's lead to one. Charles Howell III bogeyed a wedge from the 18th fairway on one and bogeyed the 17th to keep it from going.

It wasn't enough. Singh played only one green and finished at 12-under 258 for a two-stroke vic-

## Popper clinches his second Indiana Open with birds

**INDIANAPOLIS (AP)—**Tommy Popper clinched his second Indiana Open with birds on Sunday.

Popper, 39, won the 1999 British Open championship, considered a one-stroke lead on the 18th hole, hitting his drive out of bounds and

## Japan's Park wins World Ladies Match Play

**NAKITA, Japan—**Now Grace Park is ready to become the 18th first-time winner on tour this season. Deane Pappas is a stroke back at 202.

**Japan's Park wins World Ladies Match Play**  
NAKITA, Japan—Now Grace Park is ready for the LPGA season to end.

## Rain suspends play at Southern Farm tourney

**MADISON, Miss.—**The final round of the Southern Farm Bureau Classic was postponed Sunday to Monday because of rain and wind, with England's Luke Donald leading by a stroke. Donald was at 15-under-par 201

for his first lead after 54 holes on the tour. He is trying to become the 18th first-time winner on tour this season. Deane Pappas is a stroke back at 202.

**Japan's Park wins World Ladies Match Play**  
NAKITA, Japan—Now Grace Park is ready for the LPGA season to end.

## Portland State downs Idaho State on late FG

**PORTLAND, Ore.—**Mike Cajal-Willis kicked a 20-yard field goal as time expired to give Portland State a 24-21 victory Saturday over Idaho State.

## Benson breaks into win column at Rockingham

**ROCKINGHAM, N.C.—**Johnny Benson ended one of the longest winless streaks in NASCAR on Sunday, holding off Mark Martin to win the Pop Secret 400 for his first victory in 226 races.

**Benson breaks into win column at Rockingham**  
ROCKINGHAM, N.C.—Johnny Benson ended one of the longest winless streaks in NASCAR on Sunday, holding off Mark Martin to win the Pop Secret 400 for his first victory in 226 races.

## Malone held scoreless in Utah Jazz defeat

**SEATTLE**—Gary Payton scored 18 points in a 92-82 shooting, helping the Seattle SuperSonics to a 3-0 start with a 91-77 victory over the Utah Jazz on Thursday night.

## Ryanun top U.S. woman; Kenyans win at NYC

**NEW YORK**—About 10 miles into the New York City Marathon, Marla Runyan and European champion Maria Guida crossed paths, bumping and stumbling a bit.

## Portland State downs Idaho State on late FG

**PORTLAND, Ore.—**Mike Cajal-Willis kicked a 20-yard field goal as time expired to give Portland State a 24-21 victory Saturday over Idaho State.

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# SCORES AND STATS

### BASKETBALL

#### NBA FINALS

LA Lakers	103	95	100	103
San Antonio	95	95	95	95

#### Other NBA

LA Lakers	103	95	100	103
San Antonio	95	95	95	95

### SOCCER

#### World League

USA	1	1	1	1
Germany	1	1	1	1

### FOOTBALL

#### APRIL 7, 2001

LA Lakers	103	95	100	103
San Antonio	95	95	95	95

### WHAT'S ON T.V.

#### Football

APRIL 7, 2001

LA Lakers	103	95	100	103
San Antonio	95	95	95	95

### GOLF

#### World Ladies Match Play

Japan's Park	103	95	100	103
USA	95	95	95	95

### SOCCER

#### World League

USA	1	1	1	1
Germany	1	1	1	1

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#### World Ladies Match Play

Japan's Park	103	95	100	103
USA	95	95	95	95

### SOCCER

#### World League

USA	1	1	1	1
Germany	1	1	1	1

### FOOTBALL

#### APRIL 7, 2001

LA Lakers	103	95	100	103
San Antonio	95	95	95	95

### WHAT'S ON T.V.

#### Football

APRIL 7, 2001

LA Lakers	103	95	100	103
San Antonio	95	95	95	95

### GOLF

#### World Ladies Match Play

Japan's Park	103	95	100	103
USA	95	95	95	95

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# COMICS

Classic Poems



By Charles M. Schulz

Dilbert



By Scott Adams

B.C.

By Johnny Hart



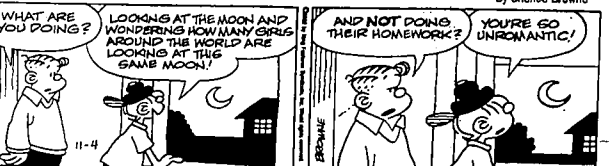
Garfield

By Jim Davis



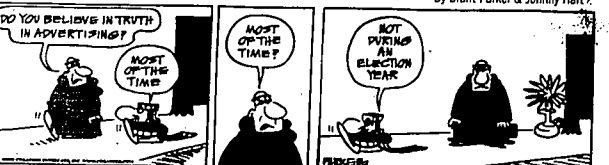
Hi and Lois

By Chance Brown



The Wizard of Id

By Brant Parker & Johnny Hart



Hagar the Horrible

By Chris Brown



Beetle Bailey

By Mort Walker



Frank and Ernest

By Bob Thaves



The Born Loser

By Art Sansom & Chip



For Dummies in My World



Roald

By Dean Cain & Sam Irwin



Pickles

By Brian Crane

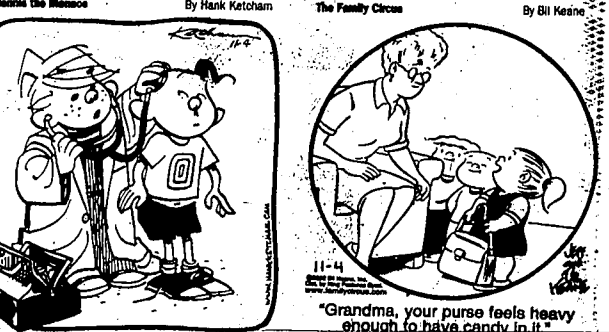


Denise the Menace

By Hank Ketcham

The Family Circus

By Bill Keane



I DON'T HEAR ANYTHING, JOEY. ARE YOU SURE YOU'RE THINKING?

Grandma, your purse feels heavy enough to have candy in it.

Shoe Is Shoe

By Pat Brady



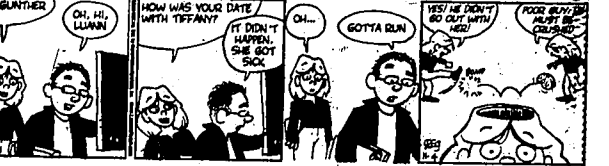
Zits

By Jim Borgman and Jerry Scott



Luan

By Greg Evston



Strange Brew

By John Deering

Non Sequator

By Wiley



THEY CALL ME MR. COFFEE

THIS TERRIBLE WRONY OF TROPHONE PLAYERS UNABLE TO AFFORD BIG APARTMENTS

Deadline: 11:30 a.m. Nov. 3

## AROUND THE VALLEY

### Motorcycle accident injures man Sunday

**GOOSBURG** - A man was injured in a motorcycle accident late Sunday afternoon, according to a dispatcher at the Southern Idaho Regional Communications Center. The accident occurred at the intersection of 2303 East and 350 South in Gooding. The Gooding County Sheriff's Office responded to the accident. The injured man was flown to a hospital in Boise, the dispatcher said. No other details were available late Sunday.

### Short agenda awaits T.F. council tonight

**TWIN FALLS** - A brief agenda awaits the City Council this evening. The only items up for consideration are an appointment to the Building Inspection department's advisory committee and the second reading of a zoning change. The meeting begins at 5 p.m. in the council chambers. It's open to the public.

### Snake River Symposium continues this week

**TWIN FALLS** - The 2002 Snake River Symposium continues this week with a lecture about political terrorism. Dr. Gregory Raymond from Boise State University will speak at 1 p.m. in room 118 of the Shields Building on the College of Southern Idaho Twin Falls campus. The public is invited and there is no admission charge. The CSI Honors Program is sponsoring the five-event symposium, which concludes with internationally renowned lecturer and author Daniel Pipes at 7 p.m. Thursday, Nov. 21 in the CSI Fine Arts Auditorium. Pipes will speak about militant Islam and the war on terror. There is also no charge to attend Pipes' presentation. The symposium kicked off last week with a lecture on the history of the Arab-Israeli conflict by CSI history professor Russ Tremayne. Other speakers include Jordana Bryan on Nov. 14 and Dr. Sean Anderson on Nov. 21. Each will speak at 1 p.m. in room 118 of the Shields Building. Teachers who want to bring students to any or all of the lectures are encouraged to notify CSI Honors Program director Jamie Shebler at 732-6812 or at jshebler@csu.edu.

### Lecture on preventing injuries is Thursday

**KETCHUM** - Dr. Herb Alexander will share this week how to prevent and treat the most common orthopedic injuries, including ACL and meniscus tears, rotator cuff injuries, tunnel syndrome and ankle sprains. The free lecture will be from 12:30 to 1:15 p.m. Thursday at St. Luke's Wood River Medical Center.

### Burley council talks about stop signs again

**BURLEY** - The possibility of removing a stop sign on 23rd Drive is up for discussion at Tuesday's Burley City Council meeting. The 7 p.m. public meeting occurs in the council chambers at City Hall. It is preceded by a closed executive session at 6 p.m. to discuss a legal matter. Council members will conduct a public hearing on the city's \$500,000 community development block grant application to the Idaho Department of Commerce. The money would be used to extend sewer lines to the Grandview area of Burley. The council will discuss plans on the frontage road near Fifth Street North and Overland Avenue, and will consider creating a no-parking zone on S. 15th Street near North Elm. Also listed on the agenda is discussion of the job responsibilities for a community development coordinator, which the council is considering creating.

# Dell, T.F. near financing pact

By Chad Bohannon  
Times-News writer

**TWIN FALLS** - It has taken about nine months, but agreements to provide sufficient parking for Dell Computer Corp. employees are almost finished, Twin Falls economic development director said. And with that last piece resolved, Dell said the city should be able to enter a deal Friday providing permanent financing for the former grocery store building where the company operates a technical support and customer service center, Dave McAlindin said.

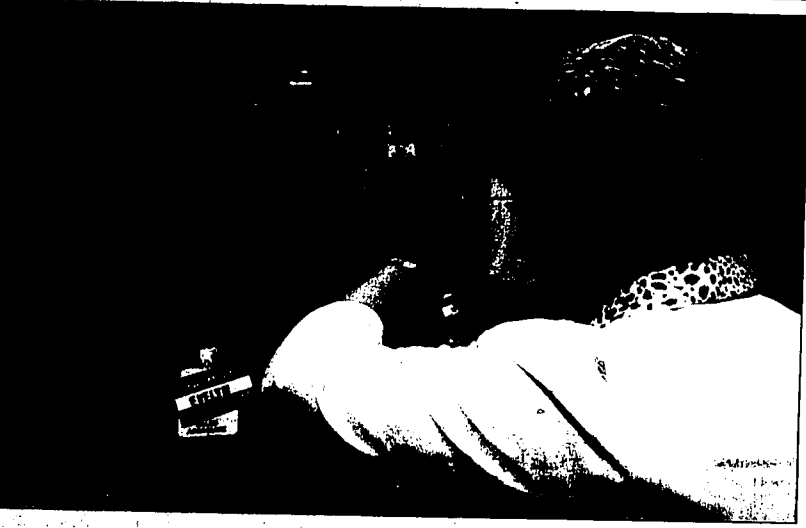
## Director says parking agreements are almost finished

"Obviously, it has taken a little longer than we had hoped it would. Obviously, we would have liked to have seen this done a long time ago," he said. "But everything is in good order, and so here we are." Providing adequate parking was one of the commitments made by the city when it recruited Dell to open a technical support center in the former Albertsons building off Blue Lakes Boulevard North in February. When the center opened its doors with 203 workers, there was plenty of parking space. But with a new group of employees sched-

uled to begin work today, the number of jobs has ballooned to 750, McAlindin said - exceeding the 384 spaces next to the Dell building. So the city is arranging the lease of a newly developed parking lot with 300 additional spaces and hopes to receive a grant to help cover the lease costs. That lease, and an agreement over parking and other issues with Dell neighbors, are necessary for permanent financing of the Dell building. "Everything is related and needs to be accomplished in short order," McAlindin

said Friday. "They (Dell) have obviously delivered on more than what they agreed to do initially, and we are in the process of doing what we agreed to deliver over the course of the year." McAlindin explained the sequence of events: When the building was still owned by Albertsons, the grocery store chain agreed to allow Dell to modify and renovate the interior of the structure to allow the technical support center to open in February. When Dell was ready to open, Twin Falls Urban Renewal Agency stepped in and

# TAKING CARE OF THE COMMUNITY Heyburn looks at rate hike



Sandy Sokner, an occupational health nurse with St. Benedict's Family Medical Center, spent Halloween day at the Wal-Mart in Jerome giving flu shots to employees such as Evelyn Lile. The occupational health department is a new service for the Jerome hospital.

## Public hearings are expected to take place

By Shari Chaney  
Times-News writer

**HEYBURN** - The recently adopted city budget is on hold as officials evaluate possible increases in electric rates charged Heyburn residents.

City Council members are expected to schedule public hearings on the rate increases at their Nov. 13 meeting and to continue discussion of electric rates. "I won't talk about any numbers until after the council meets," Mayor Cleo Cheney said. "No matter what we do it isn't going to be easy." The City Council is re-evaluating its budget since a settlement between the city and the J.R. Simplot Co. was reached. Earlier, City Attorney Steven Tuft said the new rates Simplot will be charged are lower than the company had been paying, but part of the reduction is dependent on how much electricity the potato processing plant actually uses. That decrease in consumption is another concern to city officials. At a special council meeting held Oct. 21, consultant Tom Wagenhoffer told city officials there will be a 33 percent reduction in demand and a corresponding 33 percent reduction in revenue for the city's electric system. The electric system will operate at a yearly revenue deficit of \$346,000, Wagenhoffer said. The council has talked about increasing electric rates, but the question is how much. "We're studying it really hard," Cheney said. Cheney's goal is to have the budget revised by the first of the year, with public hearings in December. At the Oct. 21 meeting, Wagenhoffer offered the numbers of 21 percent to 30 percent for a rate increase. Thirty percent would make up for the lost revenue; 21 percent would do

# St. Benedict's offers new services

By Sandy Miller  
Times-News writer

**JEROME** - While St. Benedict's Family Medical Center works toward breaking ground on a new hospital next year, the hospital has added some new services at its current downtown location. "We're trying to take care of our immediate community needs," said St. Ben's Chief Executive Officer Mike Cooper. "As much as we look forward to a new building, we're still operating to take the best care of the community with the services we can provide in the facilities we have." One of those services is the hospital's new occupational health program, and Jerome

home to many large dairies and industry - is the perfect place for it.

The more physical the work, the higher the risk of injury. The hospital's occupational health program works with the injured worker, the employer and the physician to get the worker back in the job safely and as soon as possible, said Dennis Maughan, executive director of the St. Benedict's Foundation and the hospital's special projects manager. "Most employers will tell you if someone gets hurt on the job, they need help knowing what to do," said Maughan, who oversaw the former Twin Falls Clinic and Hospital's occupational health department before joining St. Ben's at the beginning of the

year. "What we do is provide the communication link between the injured worker and the physician to assist the employer in bringing the injured worker back as soon as possible and to help the employer control costs." Maughan stressed that the safety of the worker comes first. A worker might not be able to return to his old job but there might be something else he can do. "A person with a back injury can't lift 100-pound bags of feed, but he might be able to do a different job in the organization," Maughan said. St. Ben's has contracted with a number of large businesses in Jerome to be the preferred provider of occupational health services, including Wal-Mart,

Rite Stuff Foods, Jerome Cheese Co., Ridley's Market, the Jerome School District, city of Jerome and several large dairies. Maughan said all businesses that contract with St. Ben's to offer occupational health services must have workmen's compensation insurance. Manning the new department is Sandy Scheer, a registered nurse who worked with Maughan in occupational health at the former clinic. "I'm the go-between between the doctor, worker and the employer," Scheer said. "I love it. You get the best of both worlds. You get to work with patients and physicians but you also get to be out in the community." One day might find her out

# Substitute teachers enjoy their roles

By Shari Chaney  
Times-News writer

**RUPERT** - They see different students every time they step into the classroom and yet they still try to make a difference. Substitute teacher Diane Staten might have a class of kindergarten students on Monday, senior English students on Tuesday, have a day off on Wednesday and hit the middle school Thursday and Friday. "After raising seven kids it seemed like something I could do," Staten said of working as a substitute teacher. Staten had an interest in education even before becoming a parent, earning her associate's degree in education before she was married. Then a family came and she was looking for a job with hours and vacations similar to her children's. "Substitute teaching was the answer. But her last child graduated two years ago and she's still



Substitute teacher Diane Staten talks with Brian Halverson at Mirco High School Friday. Staten is enjoying the call for substitute teachers. "I'm enjoying it," Staten said. Lauren Adams, a substitute teacher in Cassia County, has only been on the sub list for two days. Please see TEACHING, Page C3

# Substitute pay and training

**Substitute pay in Minidoka County**  
No license, no teaching certificate - \$40 per day  
Two-year degree, no teaching certificate - \$60 per day  
Four-year degree, no teaching certificate - \$75 per day  
Degree and teaching certificate - \$64 per day  
Four-year degree teacher at Minidoka Community Center on Idaho Youth Ranch - \$90  
Substituting for classified personnel - \$8.50 per hour  
Per those who complete online training with a score of 80 or better, \$3 per day is added.

**Substitute pay in Cassia County**  
Less than two years of college, no teaching certificate - \$44 per day  
Less than two years of college, no teaching certificate, with online training - \$49 per day  
Two years of college, no teaching certificate - \$49 per day  
Two years of college, no teaching certificate, with online training - \$54 per day  
Degree, no teaching certificate - \$54 per day  
Degree, no teaching certificate, with

online training - \$59  
Degree and teaching certificate - \$67

**Substitute training**  
Education - The more education, the better, said Don Gillette and John Fennell, curriculum directors in the Cassia and Minidoka school districts. People need a high school diploma to work as substitute teachers, but "we encourage the education," Gillette said. In both districts, the daily rate of pay increases as a person's education level increases.  
Training - Both districts also provide training through Utah State University, Fennell said. The training focuses on classroom management and teaching strategies. In both counties, those who complete the training earn more money.  
Background check - All substitute teachers in the state of Idaho are fingerprinted and go through a background check, Fennell said. Some substitutes teach in both Minidoka and Cassia counties; once a teacher is fingerprinted he or she may substitute teach anywhere in the state for three years.





WHAT'S TODAY

10:30 a.m. Strategic Planning and Sharing meeting, 9 a.m., Taylor 275

11:00 a.m. Magic Valley New Neighbors luncheon, 11:30 a.m., Taylor 277

11:00 a.m. Bell's Family Books presents "The Family Book" 11:30 a.m., 3, 5 and 6 p.m., Fine Arts Auditorium

11:00 a.m. Freighliner training, all day, Desert 104C

11:00 a.m. Wednesday 7 a.m. Regional Technical Services Council board meeting, 7 a.m., Taylor 256

11:00 a.m. Thursday 7 a.m. Freighliner training, all day, Desert 104C

Teaching 10 years, but she has a history of education. She recently retired after spending 14 years as a teacher

Hospital 17 million Americans have diabetes. Preventive medicine is part of the program, too, she said.

Help for diabetics Seventeen million Americans have diabetes. Preventive medicine is part of the program, too, she said.

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11:00 a.m. Taylor 276 and 277 11:00 a.m. Strategic Planning and Sharing meeting, 12:30 p.m., Shields 118

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Weekend vehicles fill the southbound lanes of the Long Beach Freeway after a massive pileup Sunday in Long Beach, Calif.

Pileup injures dozens near L.A.

LONG BEACH, Calif. (AP) - Nearly 200 cars and big-truck collisions on a foggy stretch of Long Beach Freeway early Sunday, injuring dozens of people, nine critically, and closing the highway for hours.

and some of the injured had to be cut from their vehicles. At least 41 people were injured, nine of them critically, he said.

he had slowed as a big-truck sped through the center divider but cars came up behind him at 25 to 35 mph.

Developer wants to use railroad land

POCATELLO (AP) - A Pocatello developer says numerous jobs could be created if a deal were struck with Union Pacific Railroad to redevelop most of the 1,400 acres the company owns in the area.

he said. "Redeveloping the Union Pacific area... is the best thing we can do for the future of this city."

much would depend upon the use and improvement made."

Appeals court makes its longest visit to Boise

BOISE (AP) - The 9th U.S. Circuit Court of Appeals will hear cases during its longest visit to Boise this week.

will consider 33 appeals during the five-day sitting beginning Monday.

in different cities within the circuit," Gayle Grimes, public information specialist for the Office of the Circuit Executive, said.

Dell

Continued from C1 provided temporary financing to put the building under Urban Renewal ownership, subject to permanent financing.

it's signed by (Friday), we'll be able to complete the permanent financing."

Estates on North Fillmore Street. "Instead of Dell providing \$3 million, we bring \$500,000," McAlindin said.

Electric

Continued from C1 the job if council members decided to put the \$97,500 profit from the power system back into the electric department.

Before city residents voted in August to not sell Heyburn's electric distribution system to United Electric Co-op, officials warned that keeping the system after Simplert closed could increase rates by as much as 35 percent.

They have been no discussion of cutting expenses from other city departments to compensate for less revenues from the electric department, Cheney said.

Table with 4 columns: Customer charge, Energy charge, Demand charge, and Residential/Commercial/Industrial rates.

Times-News writer Shari Chaney can be reached at the newspaper's Mini-Casino Bureau at 677-0042, Ext. 638, or by e-mail at schaney@magicvalley.com.

IDAHO/WEST

# Utah town's residents pay for free speech

**VIRGIN, Utah (AP)** - The mayor of this tiny southern Utah town doesn't think \$25 is too much to pay for free speech.

But some residents of Virgin certainly do, saying they resent coughing up cash every time they want to give city leaders a piece of their minds.

Sometimes, even money's not enough to take on City Hall.

As Mayor Jay Lee explains it, he's trying to keep Town Council meetings civil and brisk when he forbids all public comment.

"I want the meetings to be positive, not a gripe session," Lee said. "They were taking up a lot of time and it wasn't something positive. We were hearing the same thing over and over again."

To fight Lee, the group Friends of Virgin formed last May to force openness and accountability in the government that runs this town of 350.

Virgin is barely a blink along the picturesque road to Zion National Park. A large Mormon church anchors the town, one of many across the state that symbolizes the state's dominant conservative faith.

Virgin gained notoriety most recently in 2000, when it passed an ordinance requiring every

*"It's absolutely ridiculous the way this town is run. You can't talk at meetings at all anymore."*

- Sandra Grow, Virgin resident

home to have a gun for self-defense. The rule was designed to reaffirm Second Amendment gun rights, but Utah Attorney General Mark Shurtleff said it violated a law that gives the Utah Legislature the exclusive right to regulate guns.

Problems with public access began when citizens tried to speak out against a home for problem youths that was moving to Virgin, said Friends of Virgin President Lee Ballard.

Lee said he couldn't stop the home from locating in town, but opponents said it wasn't the kind of development that would benefit Virgin.

So a citizen paid \$25 to read a 97-name petition against the home into the public record. (Only 130 people voted in

Virgin's last election.) Lee refused, though the petition was eventually read at a different city meeting. The youth home was approved, but opponents are appealing.

Members of the group were later denied past council minutes, then granted them after filing a formal request. A resident was charged \$21.30 for three pages of minutes - \$20 of it billed as a charge for 90 minutes of the town clerk's time.

Dozens of people packed the small council chamber Oct. 24, only to be denied the opportunity to speak at all. Lee said he canceled the public comment period to save time.

"It's absolutely ridiculous the way this town is run," said Sandra Grow, a member of Friends of Virgin who moved here from Salt Lake City a year and a half ago. "You can't talk at meetings at all anymore."

At least one town council member has fought with the mayor over the matter.

"Getting on the agenda is hard and speaking out is hard," said councilman Bill Johnson, who paid \$25 in an unsuccessful attempt to get the council to formally establish when meeting

minutes would be available to the public.

"I think he (the mayor) isn't willing to hear criticism and doesn't like it when people disagree with him," Johnson said.

Lee says he doesn't want negative comments to become part of the permanent record. He claims \$25 was never supposed to be charged to get on the Town Council agenda and that the fee applied only to planning and zoning meetings. Lee says he has delivered \$25 refunds to those improperly charged.

In a mark of the confusion, the town clerk says only out-of-towners are charged.

# Community

A page for you and your neighbors

**ROYAL GANNON**  
Nov. 5<sup>th</sup>  
Paid for by the Twin Falls Election Panel, Debra J. Babbal, Treasurer

**Re-Elect GARY GRINDSTAFF**  
Experience Counts!  
VOTE NOV 5<sup>th</sup>

**Over 400 Nativity Sets Displayed**

**FOR UNTO US A CHILD IS BORN UNTO US A SON IS GIVEN.**

Charity Anywhere  
Foundation 5th Annual  
**Celebration of the Nativity**  
FREE ADMISSION  
Boys and Girls Club - CSI  
Twin Falls, Idaho  
November 29 • 6-9 pm  
November 30 • 10 am - 6 pm  
December 1 • 12-6 pm  
Public is invited  
Sponsored by:  
Babbal's Cleaners

**THROUGH NOV. 12**

**TUESDAY, NOV. 5, 5:00PM**  
Household • Tools • Antiques  
Consignments Welcome • Jerome  
**KLAAS AUCTION BARN**  
208-324-552

**THURSDAY, NOV. 7, 1:00PM**  
R. L. Peart, Twin Falls  
Household • Lawn • Shop  
Sporting Goods  
Times-News Ad: 11-5  
**MASTERS AUCTION SERVICE**  
www.mastersauction.com

**FRIDAY, NOV. 8, 1:00PM**  
Don & Cathy Ramsey, Twin Falls  
Household • Novelty Items  
Lawn • Shop  
Times-News Ad: 11-6  
**MASTERS AUCTION SERVICE**  
www.mastersauction.com

**SATURDAY, NOV. 9, 1:00PM**  
Ann & Virgil Malone, Twin Falls  
Household • Collectibles • Shop  
Sporting Goods • Miscellaneous  
Times-News Ad: 11-7  
**MASTERS AUCTION SERVICE**  
www.mastersauction.com

**SATURDAY, NOV. 9, 11:00AM**  
Grant Miller Estate, Gooding  
Pickups • Horses • Horse Trailers  
Tack • Farm Equip. • Household  
Times-News Ad: 11-7  
**JMA AUCTIONEERS**  
www.jmauctions.com

**SUNDAY, NOV. 10, 12:00PM**  
Annie "Pats" Burch, Twin Falls  
Antiques • Collectibles  
Household  
Times-News Ad: 11-8  
**MASTERS AUCTION SERVICE**  
www.mastersauction.com

**TUESDAY, NOV. 12, 11:00AM**  
Row Crop Equipment, Nampa  
Tractors • Combine Trucks  
Tillers • Pallets • Sprays  
Ad: As Weekly 11-2 Times-News 11-3  
**BAKER AUCTION COMPANY**  
www.bakerauction.com

# Writer adds northwest flair to 'Carrie'

**CLARKSTON, Wash. (AP)** - There will be a little bit of the Lewiston-Clarkston Valley in the remake of the movie "Carrie" that airs tonight on NBC.

Clarkston native Bryan Fuller wrote the screenplay for a remake of the Stephen King classic. The book was originally turned into a movie in 1976 starring Sissy Spacek.

If the remake captured a big audience, Fuller could be writing scripts for a "Carrie" series.

He said if valley residents listen closely to the movie's dialogue, they might hear mention of Lewiston and Clarkston. "You write what you know," he said.

Fuller, 33, lives in Los Angeles now, but drew upon his experience growing up in Clarkston to write the screenplay.

"Coming from a small town really involves itself in a lot of my writing," Fuller said. "When I did the remake of 'Carrie,' I just putting it in a small town and

knowing the dynamics of a smaller high school kind of helped in knowing where those characters are coming from."

He also paid tribute to his favorite Clarkston High School English teacher, Joanne Johansen, by naming a librarian in the movie after her.

Fuller graduated from Clarkston High School and attended Lewis-Clark State College before going to film school at the University of Southern California.

# Hunting season brings money, jobs

**BOISE (AP)** - Butchers look forward to hunting season like retailers look forward to the holiday season.

"You've got to make the money when it's there to be made," Scott Robinett, owner of Custom Butcher and Smokehouse in Garden City, said.

Deer, elk, antelope, bear, steaks, stew meat, chops, pepperoni, salami, smoked meat, area butcher shops are ready for whatever hunters bring in.

"We do whatever they want," Randy Jahn, owner of Greenleaf Custom Meats in Greenleaf, said.

For the past few weeks, the work day at Jahn's shop has started at 3 a.m. and lasted until at least 6 p.m.

"These are long days this time of year," he said.

When it is all over, Jahn and his employees will have butchered about 1,000 big game animals for hunters from all over southwestern Idaho and eastern Oregon.

# TIME FOR A CHANGE

Members of the Twin Falls Sheriff Employee's Association are supporting Bob Powers and Howard Meiers for County Commissioners on Nov. 5, 2002.

We believe that change is necessary in addressing some important issues that affect the commissioners and all residents of Twin Falls County:

- An increased risk to public safety due to lack of deputies on patrol
- Better benefits and wages for all county employees
- County hospital issues

We ask that you support Bob Powers and Howard Meiers on Election Day.

**IT IS TIME FOR A CHANGE AND POWERS AND MEIERS CAN MAKE THAT CHANGE**

Paid for by the Twin Falls County Sheriff Employee's Association  
Pres. Ron Kirtland • V-Pres. Jack Johnson • Secy. Don Sam Gibbs • Board Members—Daron Brown, Ray Dennis

# Extra Dealer Dollar Day!

Behind in the bidding? Stop by Quick Pik Mr. Gas at 301 West Main in Burley, between the hours of 7-9 am this Wednesday. For EVERY Times-News you purchase, you'll receive an additional 15,000 in Millionaire Bucks.

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Promotion ends Nov. 30, 2002. No purchase necessary. For Millionaire money, send handwritten SASE to Millionaire Auctions, The Times-News, PO Box 548, Twin Falls, ID 83303 within 3 days of publication of money.

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Attorney General

**Proven Record for Idahoans**

As Chief of Staff for the Attorney General's office he has led the team that:

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Attorney General Al Lano and former Attorney General Jim Jones

Paid Wadsden For Attorney General, Sherrin Lippitt, Treasurer

# SCHOOL DAYS

BEST AVAILABLE COPY

Community Editor: Pat Marcantonio - 735-3288

Monday, November 4, 2002

Page C-5

## Jackpot student will sit on council

**JACKSONVILLE, Nev.** - Kalena Belg was named student in government. The jackpot student got her name when Nevada Gov. Kenny Blaine selected her to sit on the Governor's Youth Advisory Council.

The council meets five times a month - either in Las Vegas or Reno - discusses youth-related issues, advises the governor and the health division on them. Its actions are taken from their meetings, according to the Department of Human Resources Health Division. The council consists of 11 young people between the ages of 15 and 20 from across the state. They serve a two-year term, and represent a cross section of academic, socio-economic and ethnic backgrounds.

The council was established by Gov. Bob Miller in 1995. Belg said she decided to apply for the position because she wanted to have more of a say in our government.

Belg is already an active student leader. She is captain of the Jackpot varsity volleyball team, mascot and captain of the cheerleading squad and an honor student.

"I just think it's great that a student from Jackpot school has been chosen to sit on the Governor's Youth Advisory Council. To the best of my knowledge, it's the first time someone from this area has been chosen. It's an honor for



Kalena Belg heads for business class. She has been named to the Governor's Youth Advisory Council.

the Department of Human Resources Health Division, said Belg was appointed as a subcommittee member. The committee cover topics of teen pregnancy prevention, suicide prevention, physical activities promotion, health issues and education, substance abuse and drunk driving prevention and safe driving promotion.

"I think it's wonderful," said Kim Belg, Kalena's mother, a Jackpot teacher and junior varsity volleyball coach. "She was one of 10 students picked out of the state and there were several hundred applicants."

Kim Belg said the council is open to every single high school in the state of Nevada. "I think it's amazing they picked someone from Jackpot."

Jessica Cawcutt, Abstinence Only Education coordinator for

the Department of Human Resources Health Division, said Belg was appointed as a subcommittee member. The committee cover topics of teen pregnancy prevention, suicide prevention, physical activities promotion, health issues and education, substance abuse and drunk driving prevention and safe driving promotion.

"We are especially happy to have her on a subcommittee because she is from a rural part of Nevada," Cowcutt said. "These subcommittees are really important."

## Three WRHS students earn honors

By Barb Newert  
Times-News correspondent

**HAILEY** - The National Merit Scholarship Program has named three Wood River High School students as recipients of prestigious awards.

Seniors Pia Shivdasani and Mike Sinnott have been named National Merit Semifinalists and senior Ariana Ward has been chosen as a Commended Scholar.

The National Merit Program is a privately financed academic competition for recognition and scholarships that began in 1955. High school students enter by taking the PSAT test their junior year. The test serves as an initial screen of the more than 1 million entrants each year. About 16,000 students are named as semi-finalists and 34,000 named as commended scholars based on scores. As semifinalists, Shivdasani and Sinnott are eligible to compete for Merit Scholarship awards.

Three seniors are exemplify students at Wood River High School. Shivdasani has been named the outstanding French student for three years, and outstanding English student one year. She is active in dance, drama productions and student council; a member of the National Honor Society, and was chosen to attend a two-week writing camp at Albion College of Idaho.

Sinnott's cross-country skiing abilities have earned him limelight as a National Freestyle Skiing Champion. A member of the Junior Olympic Gold Team, USA Gold Team, USA Scandinavian Team for Nordic skiing and Boy's National High School Championship team; and as the Outstanding Male Nordic Skier for the Sun Valley Ski Education Foundation for two years. He also has been active in



Wood River High School seniors, from left, Mike Sinnott, Pia Shivdasani and Ariana Ward are all smiles. They recently learned they were chosen for recognition in the National Merit Scholarship Program.

soccer, National Honor Society and community volunteer activities.

Ward has received awards for excellence in English and social studies, the Smith College Award, Editor's Choice Award, and a spot at the Sawtooth Writer's Conference. She is active in concert and pep bands. National Honor Society, played basketball and volleyball, and was in Girl Scouts for eight years. She also volunteers at the Sagebrush Arena to help handicapped youngsters learn to ride horses and is an assistant coach for the Special Olympics equestrian team.

Times-News correspondent Barb Newert can be reached at writeconnection@sunvalley.net.

*The National Merit Program is a privately financed academic competition for recognition and scholarships that began in 1955. High school students enter by taking the PSAT test their junior year. The test serves as an initial screen of the more than 1 million entrants each year.*

## SCHOOL NEWS

### Mr. BHS contest benefits the Special Olympics

**BURLEY** - The 13th annual Mr. BHS contest will be held at 7:30 p.m. Wednesday in the King Fine Arts Center. This event is a fund-raiser for the Burley Special Olympics. Eleven senior boys will model formal and sportswear, perform a talent and answer an impromptu question. Following the event, the contestants will be auctioned for four hours of labor.

Contestants include Ryan Kellie, Matthew Hope, Cole Nelson, Nicholas Barker, Jared Jones, Jed Thomas, Wayne Christenson, Adam Martin, Phillip Whipple, Blair Gochour and Josh Melina.

Cost is \$5 at the door or \$4 in advance. Children age 12 and under are \$3 and families are \$15.

Haylee Kelley and R.J. Combs  
Second grade: Raven Boyer, Jonathan Bates and Rachel Shea  
Third grade: Jared Knott and Jonathan Owsley  
Fourth grade: Ryan Luttmer and Zac Reid  
Fifth grade: Cami Parino  
Sixth grade: Anna Silver, Breccia Mangum and Josue Tapia

parent/teacher conferences from 5:30-8:30 p.m. Tuesday and Wednesday.

Parents can only obtain their child's report card at the conferences.

For more information, call the school at 733-6551.

### Free school dinner, concert offered Saturday

**JARBRIDGE, Nev.** - A free school program, dinner and concert will be held Saturday at the Historic Community Hall in Jarbridge, Nev.

The school program will be held at 4 p.m. with a hobo stew dinner at 5:30 p.m. Each participant should bring a canned vegetable. The concert will begin at 7 p.m.

Todd Green, a musician who performs nationally, plays his music on more than 30 different instruments from around the world. The program for all ages will demonstrate many musical styles and playing techniques.

Space is limited and participants must RSVP by calling 1-800-659-8055, Ext. 11288.

### District IV Clinic Honor Band holds gala concert

**TWIN FALLS** - The District IV Clinic Honor Band will present a gala concert at 7 p.m. Thursday at Roper Auditorium at Twin Falls High School. The Honor Orchestra and Choir also will perform.

For more information, call Ted Hadley at 733-5551.

### Burley band, Stepperettes win third in competition

**BURLEY** - The Burley High School Bobcat cheerleaders and Stepperettes won a superior rating and third place in a competition held recently in Roy, Utah.

### Filer Middle School holds book fair, conferences

**FILER** - A PTO-sponsored book fair will be held at Filer Middle School.

The fair will be held from 8:05 a.m. to 3:15 p.m. Monday through Thursday in the library; from 8:30 p.m. Thursday in the gym; and 8-11:30 a.m. Friday in the gym.

Parent/teacher conferences will be held on Thursday and Friday during the book fair in the gym.

For more information, call the school at 326-5906.

### Hagerman Elementary names students of month

**HAGERMAN** - The Hagerman Elementary School students of the month for November were announced:

Kindergarten: Christy Marez and Bryanna Reall  
First grade: Melanie Leija,

### Bliss school will hold conferences Thursday

**BLISS** - Bliss School will hold parent/teacher conferences from 3:15-6 p.m. and 7-8 p.m. Thursday and 8 a.m. to noon Friday.

There will be no school on Friday.

For more information, call the school at 352-4445.

### TFHS holds parent/teacher conferences this week

**TWIN FALLS** - Twin Falls High School will hold

## SERVING THEIR SCHOOL



Photo courtesy of O'Leary Junior High School

Student council officers for 2002-2003 for O'Leary Junior High School in Twin Falls are, from left to right, Ericka Lee, president; Katie Paulson, secretary; Abby Waters, vice president; Randi Fischer, activities director; Marcus Schaal, treasurer; and Bill Snijtoot, adviser.

## GHS gets busy with sports, conferences

Gooding High School is busy this week with several different activities.

Starting off the week, the girls' basketball team will have its practice today. We are looking forward to a successful year for our Lady Senator ball players.

The fall sports banquet will be held at 5 p.m. Friday. The banquet will honor cross-country runners, football players and volleyball players. The banquet will be held in the high school's multi-use room. Anyone interested in attending.

The 2002 Gooding High School Homecoming induction will be held at 7 p.m. Tuesday in the

### SENATOR SCENE Brendee Humberger

multi-use room. Eighteen students have been selected for induction this year, and we would like to congratulate them.

Wednesday starts the Honor Band/Choir Festival at the College of Southern Idaho. Several Gooding High School students will be attending through Friday.

Gooding High School has installed a new set of recycling bins next to the agriculture building.

ing. The bins are open for aluminum, cardboard and newspapers. We also have an old set of bins open to office paper, magazines and white paper. Each year, money from recycling helps fund various activities. We greatly appreciate the town's help in supporting us.

Parent-teacher conferences will run from 5-9 p.m. Thursday and from 8 a.m. to noon Friday. If anyone would like more information about the conferences or any of the other activities, call the high school at 934-4831.

Brendee Humberger is Gooding High School body secretary.

## TFHS celebrates at Sadie Hawkins dance

The first quarter has ended, and report cards are right around the corner. It's no wonder that students at Twin Falls High School were excited for the Sadie Hawkins dance.

Everyone who participated at the Oct. 26 event appreciated this day of relaxation and fun. Popular activities the afternoon before the dance included trips to all the spooky haunted houses around the Magic Valley and going to one of several new hit movies.

Energy and excitement were high at the dance. Senior Blanca Vargas was voted Daisey Mae and the L'il Abner title went to sophomore Andrew Wilken. The dance was a big hit overall. Thanks to the FCCLA for hosting the event.

Today, the Twin Falls High



BRUIN BUZZ  
Perri Gardner

School Symphony Band will hold its fall concert, the first concert of this school year. Teacher intern Riqui Heinemann, who recently graduated from Albion College with a bachelor's degree in music, also will be conducting. The band will be performing four pieces, including an arrangement from Disney's "The Hunchback of Notre Dame." The concert will start at 7:30 p.m. and tickets will be on sale at the door.

Twin Falls High would like to honor the Bruin News for receiving its first place in Best of Show at the Idaho Journalism Advisors Association fall conference. Many Bruin News and yearbook staff members who attended the conference placed in contests held there. These students are Stephanie James, Ashley Stepanek, Nelli Garibay, Aaron Luckey and Kelsey Peterson, with honorable mentions Robert Hawkes, Abbey Burgess, Nate Poppinga, Amber Lovell and Corey White. All of these students received recognition for their dedication to the school newspaper and yearbook.

Perri Gardner is a staff writer for the Twin Falls High School Bruin News.

It's time to you, we want to hear about it. Please send your name and photos to: Pat Marcantonio. Fax: 877-4643 or 734-5238. Email: paton@magvalley.com

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Table with 2 columns: Day (SUNDAY, MONDAY, TUESDAY, WEDNESDAY, THURSDAY, FRIDAY, SATURDAY) and Time (4 PM, 2 PM, 1 PM).

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### When tech goes too far, citizens act

TODAY'S TOPIC: Technology - Bad Things Or What?

The other day I walked into an airport men's room which was empty except for one man, who appeared to be having a loud, animated conversation with a urinal.

Ten years ago, I would have turned right around and walked bridle back out of there. One rule my parents stressed when I was a child was "Never stay in a restroom with a man who talks to the plumbing."

But of course as a modern human, I knew that this man was talking on his cell phone, using one of those earpiece things, with the little microphone on the wire, the kind that people feel they must shout at, to make sure their vital messages are getting through. "Hi. It's me. Not much. I'm in the airport."

### HUMOR

Dave Barry

There I was, standing maybe six feet from this guy, both of us facing the wall, him shouting at his urinal about some business thing involving specifications and at some point he said - I swear this is a direct quote - "I am handling it." This caused me to emit an involuntary snorting sound (no loud, certainly nowhere near as loud as this guy was talking, just a little snort) which caused the guy to stop talking and - violating the No. 1 Guy Rule of Rest Room Etiquette - turn his head and look directly at me, so I could see (using peripheral vision) that he was irritated by my rude interruption of his conversation. Then he went back to shouting at the urinal.

The point is that every key element of this scenario - the cell phone, the airplane, the zipper - is made possible by technology. We know that technology is a wonderful thing, but at what point does technology go too far? Is it fair to say that cell phones, if used thoughtfully and politely, are OK, but that if a person struts an earpiece thing and walks around shouting in public, bystanders should be allowed to snatch the wire and sprint off down the airport concourse, with the shouters' earpiece, and possibly even the shouters' device, bouncing gaily behind on the floor?

I think we all agree that the answer is yes. When technology goes too far, ordinary citizens must act. But the question is: How do you define "too far"? I will tell you. We define "too far" as "when scientists start putting weapons on cockroaches."

This is actually happening, according to an article in the Sept. 6 issue of Science magazine, brought to my attention by alert reader Richard Westman. This is what the researchers at the University of California at Berkeley have been mounting tiny cannons on the backs of cockroaches. That is correct: these researchers have been creating live cockroaches with backpacks containing "plastic tubes filled with explosives."

Of course the researchers have a scientific reason for doing this. They are on LSD.

No, really, it has something to do with figuring out how cockroaches sense each other's balance. (You almost never see a cockroach fall off a ledge.) The researchers have used their findings to construct a working robot that is, according to Science, the size of a bumblebee. Swallow if there's anything this world needs more than armed cockroaches, it's giant mechanized cockroaches!

NEWSFLASH: GEORGE FROM THE YEAR 2004: A homeowner in Santa Rosa, Calif., was found shot to death in his kitchen Friday. Police said the man apparently was killed by 500 rounds of small-caliber ammunition fired from his ankles, indicating that this was the work of the gang of armed research cockroaches that escaped from a Berkeley lab. Police said the man died of a heart attack, apparently a Ring Ding. In a related development, an escaped robot cockroach broke into an Oakland Wal-Mart and stole off with an estimated 7,000 AA batteries.

Ask yourself: Is that the kind of story you want to read in your newspaper? Me too, as long as it's not No, seriously, this is bad. We need somebody in authority to look into this right away. Maybe Dick Cheney could handle it.

Dave Barry is a humor columnist for the Miami Herald. Write to him at the Miami Herald, One Herald Plaza, Miami, Fla. 33132.

# TOO CLEAN?

## Our national obsession with killing bacteria could make us sicker

By Steve Crump  
Times-News writer

**TWIN FALLS** - The only good germ is a dead germ, right? Maybe not. The problem isn't the 20,000 to 20 million bacteria you'll kill every time you wash your hands with antibacterial soap. The problem is the ones that get away.

There's pretty good evidence that overuse of antibacterial products makes bacteria more resistant, said Trish Heath, a registered nurse and infection control specialist at Magic Valley Regional Medical Center. "And you certainly don't need antibacterials to get your hands clean."

Regular old soap and water will work just as well, or better still, fast-drying alcohol gels.

On Oct. 25, the federal Centers for Disease Control and Prevention issued new guidelines urging doctors and nurses to abandon the ritual of handwashing and use alcohol gels instead.

It takes about one-tenth as much time as washing your hands because it only involves squirting a dime-sized dollop of gel into one palm and thoroughly rubbing all the surfaces of both hands.

"It's already becoming very prevalent in the health-care field," said Holly Rambo, an RN and infection-control specialist at St. Benedict's Family Medical Center in Jerome. "And there's no reason you can't do that same thing at home."

That's because alcohol is an amazing all-purpose killer of bacteria and viruses, and unlike antibacterial soap, doesn't promote the development of antibiotic-resistant bugs.

"I don't buy antibacterials for use at home; it's a waste of money," Heath said. "We use alcohol gels in a health-care setting because we deal with some pretty nasty strains of germs in hospital-acquired infections. But regular soap and water is perfectly fine for most people."

There are no antibiotics in your bar of Ivory; it kills germs and viruses through the action of rubbing skin against skin. Regular soap merely serves to loosen dirt and let the water carry it away.

"But it's a fairly thorough process to get your hands clean that way," Rambo said. "And most people don't take the time."

The sales of antibacterial soap began to surge, ironically, after the appearance of resistant news coverage of the emergence of antibiotic-resistant bacteria. But while antibacterials clean your hands, they complicate the



Registered nurse Jamie Wilcox uses a thorough hand-washing technique in the neonatal nursery at Magic Valley Regional Medical Center.

problem. "Bacteria are not about to succumb to this deluge," said Dr. Stuart Levy of the Tufts University School of Medicine and lead researcher in a comprehensive 2000 study on emerging

infectious diseases. "Through mutation, some of their progeny emerge with resistance to the antibacterial agent aimed at it, and possibly to other antibacterials as well." And it's not just bacteria resist-

tance that causes concern: There's growing evidence that kids treated with too many antibiotics early in life - and thus avoiding early childhood diseases - are more prone to allergies later in life.

"We are at a point where we know our original ideas - that germs were bad and dogs were bad for allergies - were oversimplified and not correct," Dr. Marshall Plaut of the National Institute of Allergy told the Los Angeles Times. "But we don't know the right balance between bacterial exposure being harmful and bacterial exposure being beneficial."

What Plaut and others suspect is that, by purging our environment of many germs and microbes, we've deprived our immune systems of the chance to recognize them as a natural part of the environment. When we do encounter such substances in the form of bacteria, viruses, fungi, pet dander, dust, pollen and other irritants, our bodies overreact. We wheeze and sneeze.

Asthma rates have soared in the past 20 years, and autoimmune diseases such as Type 1 diabetes, multiple sclerosis and Crohn's disease - a painful inflammation of the intestine - are all on the rise.

So what's a healthy medium? "Respect germs, but don't be obsessive about them in your normal home or work environment," Heath said. "Wash your hands thoroughly and regularly, or use an alcohol gel. Use a paper towel to shut off the faucet and to open the door after you wash your hands in a public rest room. Be careful about shaking hands and touching surfaces that other people touch during cold and flu season."

It's a big deal, the experts say, to make sure the person whose changing diapers at your child's day-care center washes his or her hands well and often. It's not a big deal if your kid drops his cookie on the floor and then picks it up and puts it into his mouth.

"Don't pay too much attention to the excessive protection we have as a rule," Dr. Fernando Martinez of the University of Arizona's Respiratory Sciences Center told the Los Angeles Times. Kids living in Eastern Europe, where the rules are much more lax, have few allergies and little asthma.

"The biggest thing, I think, is handwashing," Rambo said. "If everyone did that, and did it thoroughly, fewer people would get sick."

The Los Angeles Times contributed to this report. Times-News writer Steve Crump can be reached at 735-3223, or write him at crump@magicvalley.com

## Fashion designers, retailers keep things simple this season

South Florida Sun-Sentinel

It's going to be exceedingly difficult to be a fashion victim this fall.

There just aren't any traps waiting to be sprung, no style grenades to be lobbed, no smoking garment guns.

We all need a little safety dance - one full of frilly romance, darkly warm colors, familiar silhouettes, haberdashery tailoring, Victorian evening looks. There's just nothing tricky about it.

And that's no accident. Retailers know that after the year's trimmas, no woman is in the mood for challenging in-yo-face fashion. Designers know it, too. That's why at the top of the hip pyramid, old tried-and-true trends were seen at the catwalk last February: belted blouses, patchwork, bohemian blouses, shirred dresses, pleated skirts. Rarely has Seventh Avenue been so resolutely un-franky.

In the past eight months, clothing manufacturers of every price level have had time to work (and tweak) those themes from runway to reality.

And because those themes are so approachable in a Sex-and-the-City-ultra-feminine way, many of them have survived the journey intact.

For example, the neckless blazer - say, more iconic - than the bohemian blouse, with ruffles now belted, tiered, gathered and fashioned with ribbons in a sort of defiant richland. The same goes for the loosely knotted dresses trimmed with embroidery, ruffles. Flounce ties with a lace insert down in here and there.

Even the tempest of eveningwear has had her dress muted with vaguely Victorian styling and detailing. And all swathed in no-occurrence black.

And there are conservative-looking '70s silhouettes seen in natty suits (pantsuits have gentle, subtle flare) and usually bathed in a woody shades of brown, rust, camel, charcoal and olive. For the



Even the tempest of eveningwear has had her dress muted - and all swathed in no-occurrence black. Design by Antonio Melani.

less dressy, there are boxy-looking jackets over flat-front trousers.

For the less dressy, denim is still embroidered, belted-bottomed and slung low on the hips. Newer are the denim prairie skirts and maxi-skirts worn with knit tops and lace-up granny boots. The gotta-run-to-the-store-be-right-back outfit? Athletic-striped jogging warm-ups. No kidding.

Now what could be easier than that?

## Breezy books offer many helpful hints

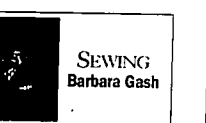
There's a sewing book that's light-hearted enough for bedtime reading, one page a night.

Aptly titled "Sewing with Nancy's Favorite Hints" (Krause, \$19.95), it's a collection of valuable tips sent in by viewers of Nancy Zieman's television series. The book commemorates the 20th anniversary of that show.

Each week, the program ends with a 5-minute segment of hints. Now they are compiled and organized into various topics.

Whether you're an accomplished sewer or a beginner, you'll enjoy reading the practical ideas that can help save time and money. For instance, in the chapter about pockets, there are simple ideas for making successful pockets with flaps, side (in-seam) pockets and double-welt pockets.

To make a nice edge on jacket pockets with round corners, a Florida viewer suggests making a cardboard template. Just cut a piece of cardboard .625 inch smaller than the pocket pattern piece. Then cut the fabric out, place the template on the wrong side of fabric and press seam allowance over the edges of the cardboard. It's an easy trick - and effective.



**SEWING**  
Barbara Gash

Other chapters include: Sewing Room Organization, Nifty Notions, Embellishment, Quilting and Embroidery.

Also included in the book are favorite techniques from the expert, called Notes from Nancy, and Guest Spots, which are ideas from guests over the years. Just for fun, you can read Behind the Scenes, a glimpse behind the TV camera, including the mishaps.

This is Zieman's 16th book. She is also a respected pattern designer, lecturer and president of a successful mail-order catalog called Nancy's Notions.

The book of favorite hints is well-organized, simply illustrated, and indexed for quick reference. It's a great gift idea, too, and is available at local stores or by calling 800-258-0929 anytime.

Barbara Gash writes about sewing for the Detroit Free Press. Write to her at the P.O. Box 828, Detroit, Mich. 48231, or send e-mail to compuser@aoi.com

**HEALTH & FASHION**

**Be careful with corticosteroids**

**DEAR PAULA:** I struggle with rosacea. Using Metrolotion twice a day made my skin flaky, and although Metrocraam was somewhat better in texture, control of my rosacea ranged from poor to fair — but never good (many pustules, papules, very red, lots of broken capillaries). Two treatments with a pulsed-dye laser removed most of the capillaries but of course did nothing for the disease.

Desonide and Desowen are essential to keeping my rosacea under control. I haven't seen these two products mentioned by you as possible treatments. Currently I'm using Metrolotion once a day (evening) and Desowen 101m once a day (morning). I don't get much control using just one or the other, but in combination they give me pretty fair skin.

**—CLEAR AND HAPPY, VIA E-MAIL**  
**DEAR HAPPY:** You're right about Desowen and Desonide (Desonide is the generic version of Desowen; Desowen is marketed by Galderma) being options for keeping rosacea and the irritation from the Metrolotion

**COSMETICS Q&A**  
**Paula Begoun**

under control, and I am remis for not having mentioned them previously.

However, while these can be helpful for the redness and inflammation, they are corticosteroids and, therefore, long-term use can cause damage to skin.

I suspect that's why I haven't mentioned these before. I am always reluctant to recommend corticosteroids for any skin condition unless absolutely necessary, and then only for short-term usage.

*Paula Begoun is the author of "Don't Go to the Cosmetics Counter Without Me (5th edition)" (Beginning Press, \$24.95). Write to her at 13075 Gansuway Drive, Suite 160, Seattle, Wash. 98168 or check out her Web site: www.cosmeticscop.com*

**WEDDING**

**WAGNER-LEYPOLDT**

**BUHL** — Amy Wagner and Randy Leyoldt were married June 29 at the Smokejumper Base in West Yellowstone, Mont., where he is employed as a pilot.

A reception will be held from 4-6 p.m. Saturday at the Moon-Glo Village in Buhl. Vicky Jagels was the bride's maid of honor. Greg Anderson was the best man.

Richard Jagels, friend of the bride, and Maxine Wagner, mother of the bride, gave the bride away.

Out-of-town guests included the West Yellowstone Smokejumper, Ruth Thornborrow and Eva Wagner,



Randy and Amy Leyoldt

both of Buhl. The couple is currently residing at their home north of Buhl, since returning from the summer's fire season.

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**Duct tape gets another use - removing warts**

**Right Rider Newspapers**

It binds up holiday packages, serves as a makeshift splint, fastens NASA equipment together, and seals air ducts.

Now doctors have found a new use for duct tape: wart removal. The plain old sticky substance essential is an effective method of removing common warts that is less expensive, less painful and more convenient than the current treatment of choice in many doctors' offices, according to study published last month in the Archives of Pediatric and Adolescent Medicine.

It is one more method to treat that is non-threatening to kids and safe to use, said Dr. Dean R. Focht III, the study's lead author and a fellow at Cincinnati Children's Hospital Medical Center.

While anecdotal reports of duct tape's wart-fighting abilities have been around for years, Focht's study showed that warts went away in 22 of 26 patients who stuck it over their warts. By comparison, just 15 of the 25 patients had their warts disappear using a popular, but often painful, treatment — cryotherapy — which involves freezing a wart with liquid nitrogen.

Warts are growths caused by viruses and occur in about about 5 percent to 10 percent of pediatric patients, according to the study. Although most warts will go away on their own within six years, patients often try to hasten the process with a variety of available medical treatment.

"I think it is a great idea" — treating warts is a nuisance, said Patrice Hyde, a pediatric dermatologist at Alfred I. duPont Hospital for Children in Wilmington, Del.

But she cautioned that Focht's study is small, and needs to be replicated with more children. The people in the study ranged in age from 3 to 22, and their warts mainly were on the hands and feet.

The study "will be enough for some parents to believe they should try it before they go to the doctor for treatment," said Andrea McCoy, a pediatric professor at Temple University School of Medicine. "But it might not be enough for doctors to believe it should be the treatment of choice."

McCoy said she learned about duct tape's healing potential from a parent when she was starting out as a pediatrician 15 years ago. She said she offers it as an option because her experience suggests it works better than cryotherapy. But parents typically don't choose the duct tape. Armed now with the study, she said, "I will be able to say to patients, 'See, it works.'"

Exactly how is still uncertain. "We don't know for sure why it works, but it may involve stimulation of the patient's immune system through local irritation," said Focht, who undertook the research during his recent residency at Madigan Army Medical Center in Tacoma, Wash. Some other treatments, he believed, to stimulate an immune response, he wrote.

In Focht's method, a piece of duct tape was cut as close as possible to the size of the wart. The patient wore the tape for six days before removing it, soaking the wart in water and gently scraping the wart with an emery board or pumice stone. The tape was left off overnight and reapplied the following morning. The regimen continued for up to two months, or until the wart went away.

Cryotherapy patients received up to six treatments every two or three weeks at the clinic. They also had to scrape the site before each application.

"Duct tape is more practical for parents and patients to use," Focht said. "There was also better compliance in our study within the duct tape group, primarily due to ease of administration."

**FINAL FEN-PHEN TESTING DATES ARE SET!**

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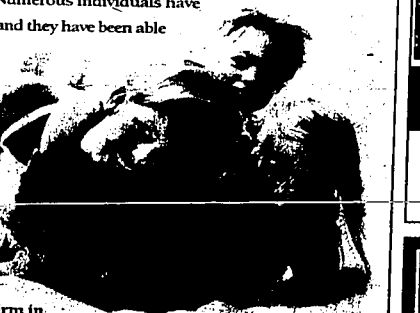
recoveries from the Defendant Company for their injuries caused by these harmful drugs.

Even more individuals have preserved their legal rights and they will be assisted by our law firm in obtaining this necessary treatment and assistance over the years to come.

Again, thank you for your understanding and your patience in this important matter.

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 Pancreatitis is a rare disease in which the pancreas becomes inflamed. Damage to the gland occurs when digestive enzymes are activated and begin attacking the pancreas. In severe cases, there may be bleeding into the gland, serious tissue damage, infection, and cysts. Enzymes and toxins may enter the bloodstream and seriously injure organs, such as the heart, lungs, and kidney.  
 There are two forms of pancreatitis. The acute form occurs suddenly and may be a severe, life-threatening illness with many complications. Usually, the patient recovers completely. If injury to the pancreas continues, such as when a patient persists in drinking alcohol, a chronic form of the disease may develop, bringing severe pain and reduced functioning of the pancreas that affects digestion and cause weight loss.  
**WHAT IS ACUTE PANCREATITIS?**  
 An estimated 50,000 to 80,000 cases of acute pancreatitis occur in the United States each year. This disease occurs when the pancreas suddenly becomes inflamed and then gets better. Some patients have only one attack but recover fully after each one. Most cases of acute pancreatitis are caused either by alcohol abuse or by gallstones. Other causes may be use of prescription drugs, trauma or surgery to the abdomen, or abnormalities of the pancreas or intestine. In rare cases, the disease may result from infections, such as mumps. In about 15 percent of cases, the doctor is uncertain.  
**WHAT ARE THE SYMPTOMS OF ACUTE PANCREATITIS?**  
 Acute pancreatitis usually begins with pain in the upper abdomen that may last for a few days. The pain is often severe. It may be constant pain, just or other areas. The pain may be sudden and intense, or it may begin as a mild pain that is aggravated by eating and slowly grows worse. The abdomen may be swollen and very tender. Other symptoms may include nausea, vomiting, fever, and an increased pulse rate. The person often feels weak and looks very sick.  
 About 20 percent of cases are severe. The patient may become dehydrated and have low blood pressure. Sometimes the patient's heart, lungs, or kidneys fail. In the most severe cases, bleeding can occur in the pancreas, leading to shock and sometimes death.  
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HEALTH & FASHION

# Lowering salt in diet has sweet rewards

**Lower Blood Pressure?**  
Is salt always harmful to blood pressure?  
Should everybody try to reduce salt intake, even if their blood pressure is normal?

These are common questions nutritionists receive and are questions debated in the medical community as well. In fact, whether or not to restrict sodium for the treatment of high blood pressure is one of the more contentious debates in nutrition and health.

For nearly 40 years, scientists have been researching the issue. Many studies fail to show that sodium restriction significantly benefits blood pressure.

"Some people are salt responders," that is, their blood pressure improves with sodium restriction," said Tammy Salas, a registered dietitian at St. Mary's Medical Center in Duluth, Minn. "But only about 30 percent of America's population is considered to have blood pressure that is sodium sensitive." And so the con-

## Tips for reducing sodium

- Use fresh poultry, fish and lean meat rather than canned or processed types.
- Buy fresh, plain frozen or canned with no salt added, vegetables.
- Avoid soups, pasta and hot cereals, without salt.
- Use fewer sauces, mixes and "instant" products. This includes flavored rice, pasta and cereals, which usually have salt added.
- Choose "convenience" foods that are lower in sodium. Cut back on frozen dinners, mixed dishes such as pizza, packaged meats, canned soups or broths and salad dressings - these often have a lot of sodium.
- Where available, buy low-sodium, reduced-sodium or no-salt-added versions of foods.
- Choose ready-to-eat breakfast cereals that are lower in sodium.
- Add less salt at the table and in cooking. Reduce the amount a little each day until none is used. Try herbs, spices and salt-free seasoning blends instead.

- *Duluth News Tribune*

trovery continues.  
Because there is no way to predict who may have blood pressure that is sodium sensitive, Salas recommends the safest course, which is for everyone to limit sodium. Even if your blood pressure isn't sodium sensitive, a low-sodium diet has other benefits.

"It's always good general advice," she said. "A low-sodium diet favors fresh foods over processed foods, so from a nutritional standpoint you're getting more bang for your buck."  
Earlier this month, the National High Blood Pressure Education Program updated its recommendations on the prevention and treatment of high blood pressure. The new recommendations stress the importance of adequate potassium intake, since research has shown that potassium does lower

blood pressure. Food sources of potassium include fruits, vegetables, dairy foods and fish.

The new guidelines also call for an eating pattern rich in fruits, vegetables and low-fat dairy products, as well as a diet that is reduced in saturated fat and total fat. As in previous recommendations, the national education program advises consumers to limit consumption of sodium and alcohol, reduce excess body weight and increase levels of physical activity.

Although we often refer to them in the same breath, salt and sodium aren't the same thing. Table salt is actually the common name for sodium chloride. Table salt is 40 percent sodium and 60 percent chloride.

Sodium is essential for life. Some of the most basic work your body does depends on it: maintaining proper fluid balance, regulating blood pressure, transmitting nerve impulses and helping your muscles relax (including your heart muscle).

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Needs and circumstances vary from one estate to the next. An informed decision on whether to probate a deceased spouse's estate must take into account the type and amount of property and debt involved; whether there was a will and what it said; and whether other parties than the surviving spouse might gain financial advantage in the absence of a probate proceeding.

As with other of life's more important decisions, a careful assessment of relevant circumstances makes the best answer fairly obvious.

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# New contact lenses offer major improvements

**Los Angeles Times**

A new generation of recently approved contact lenses offer such a dramatic improvement in comfort, convenience and safety that some people are forgoing the popular laser eye surgery to correct their vision.

Thanks to significant breakthroughs in lens materials, consumers can now safely wear contacts for up to 30 days, without the hassle of daily lens changes or at night, cleaning them and putting them back in the morning. And the new lenses have been shown to be safer to wear for extended periods than competing types of lenses worn for less time, according to several eye doctors who have tested them

in clinical trials.  
"It's like the difference between DVDs and videos," said Dr. Dwight Czavagich, vice chairman of ophthalmology at the University of Texas Southwestern Medical Center in Dallas.

The new products are CIBA Vision's Focus Night & Day soft lenses, Johnson & Johnson's Z rigid gas permeable lenses. The Food and Drug Administration approved the products for 30-day wear in the United States during the past year, but the new lenses have been slow to catch on with consumers and doctors. But eye care professionals say they expect public awareness to grow.

Some eye doctors recommend the lenses as an alternative for consumers who are considering

Lasik eye surgery, a popular vision-correction technique used to treat nearsightedness. Although many Americans have had Lasik surgery, some people have been reluctant to undergo the costly procedure because of concern about possible complications.

The new lenses allow at least eight times - as much oxygen to nourish the cornea as the various brands now on the market. Inadequate oxygen for the eyes is believed to have been a chief cause of earlier problems with continuous-wear lenses that led to sight-threatening infections and corneal ulcerations. After approving some contacts for 30-day "continuous wear" in the 1970s, the FDA in 1989 set tighter restric-

tions on the lenses, allowing a maximum "extended wear" time of just seven days.

The new lenses, which sell for between \$200 and \$500, including fittings, are made of plastics that allow the eyes to breathe "just like lungs do," says Mary Jo Stiegemeyer, a Beachwood, Ohio, optometrist who participated in the FDA trials of Menicon Z lenses. She was initially apprehensive about allowing her patients to sleep with their lenses on for weeks on end. After a month of continuous wear, however, their corneas looked "like they'd never worn a contact lens" - a significant improvement from the aftermath of wearing other kinds of lenses for less time, she said.

# Squats require proper technique

**Knight Ridder Newspapers**

The squat, a mainstay in building leg strength, can place more stress on the lumbar spine in taller individuals than in shorter people. To combat this problem, taller people can use the front squat to train their legs.

The front squat rests the barbell on the upper chest and anterior deltoids. Initially, beginners may perform the front squat without putting weight on the bar, until they can exercise within the full range comfortably.

The front squat can be performed with a free bar, dumbbells, or as I have done, in a Smith Machine. Initially walk up to the bar with your arms extended in front of you, allowing the bar to go over your arms until it is at the base of your neck. Bend your arms at the elbows and cross them, placing your thumbs under the bar and keeping your elbows as high as your shoulders with the bar resting on your upper chest and front deltoids.

Grasp the barbell and unhook it from the machine. Then with your feet flat and firmly on the floor at

shoulder width, begin descending by basically sitting down. Descend with your torso in an erect position, bending only at your knees and hips.

The upper portion of the thigh should be parallel with the floor. It is very important to keep your hips under you and to lead with your chest. Keep your elbows high at all times to keep the bar from rolling off your chest and shoulders. As you rise out of the squatting position, try to pick up speed, accelerating until you are standing upright.

Just before you would lock your legs, begin your second repetition by again sitting down into the squat. Your cadence should be two seconds down and one second up. Do not lock your legs at the top of the exercise or bounce out of the bottom.

Start with a light weight to warm up, performing 15 repetitions. (A beginner should use no weight for the first set.) The second set for 12 reps may be with five to 10 pounds more for women and 10 to 20 pounds more for men. In a similar fashion, progress to the third and fourth sets.

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Fever	Sometimes	Sometimes
Headache	Sometimes	Sometimes
Pain in upper teeth	Sometimes	No
Bad breath	Sometimes	No
Coughing	Sometimes	Yes
Nasal congestion	Yes	Yes
Sneezing	No	Yes

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November 9 • 8 a.m. to 3 p.m. • **Bridgeview Care Center**  
Lecture, screenings and much more. Contact Lisa Johnson at 737-2683 for more information.

November 18 • 7 p.m. • **MVRMC's Education Center**  
A national teleconference featuring experts on diabetes, latest treatments and prevention tips.

Making Magic Valley the healthiest place to live.

**MAGIC VALLEY REGIONAL MEDICAL CENTER**  
630 ADDISON AVE. WEST • TWIN FALLS, IDAHO 83301

Caring for Seniors

# Groups offer free foot exam for diabetes patients

The Magic Valley Diabetes Coalition, along with the Idaho Student Nursing Association at the College of Southern Idaho, will offer a free foot exam clinic for people who have diabetes.

Dr. Randy Wraaiastad and Dr. Craig Hindman will supervise the CST nursing students while they conduct the free exams from 2:5 p.m. Tuesday in Room 139 at CSI's Aspen Building.

People who have diabetes are vulnerable to nerve and vascular damage that can result in loss of protective sensation in the feet, poor circulation and poor healing of foot ulcers.

To make an appointment for a free foot exam, call the State Room at South Central District Health at 734-5900, Ext. 245.

## Free exams

Planned Parenthood of Idaho will offer free breast exams at its Twin Falls Healthcare Center each Tuesday and Thursday through the end of the year.

The exam will be by a licensed professional, and instructions on breast self-exams and education about the warning signs and risk factors of breast cancer will be discussed.

The exams will be given from 2 and 6 p.m. Anyone may call the Twin Falls PPI center for an appointment, at 734-9955.

PPI is located at 200 Second Ave. N. in Twin Falls.

## 'Baby and Me'

St. Benedict's Family Medical Center will offer "Baby and Me" classes from 10:30-11:30 a.m. Tuesdays at the Health Education Center, 115 Fifth Ave. W., Jerome.

This week's topic will be "Pediatric Dentistry." The session is for parents of children from infancy through toddler years.

The class is free. For more information, call 324-7262.

## Childbirth classes

Prepared childbirth classes will be offered from 7-9:30 p.m. Tuesdays, beginning Tuesday through Dec. 10, at the St. Benedict's Health Education Center, 115 Fifth Ave. W., Jerome.

The second class of the series will be a refresher course for mothers who have previously taken the childbirth classes.

The sessions, taught by a registered nurse, emphasize preparation for labor and birth, changes during pregnancy and newborn care. Participants are asked to bring two blankets and a pillow to each class.

The classes are free for those who will be delivering at St. Benedict's Family Medical Center. To register, call 324-4301.

## Refresher course

Childbirth refresher course will be offered from 8:30-9:30 p.m. Tuesdays in the Sage Room of the Education Center at Magic Valley Regional Medical Center in Twin Falls.

The class is for those who have previously taken childbirth classes. Childbirth preparation and procedures will be reviewed, and will include a tour of the Women's and Infant Center.

Cost is \$15. Preregistration is required, call 737-2900.

## Infant massage

An infant massage course, "Loving Touch Right from the Start," will be offered from 6:30-7:30 p.m. Wednesdays, beginning Wednesday through Nov. 20, in the basement conference at Magic Valley Regional Medical Center's Downtown Campus, 660 Shoshone.

For more information, call 734-5900, Ext. 245.

## To do for you

### St. E., Twin Falls

Instructor Susan Beck will lead participants through the steps on giving an infant massage along with techniques for gas and colic. Cost is \$30 per family. Preregistration is required, call 737-2900.

### CPR instruction

Cardiopulmonary resuscitation class will be offered from 4-8 p.m. Thursdays in the Doctors' meeting room at Magic Valley Regional Medical Center in Twin Falls.

The class will include emergency procedures for mouth-to-mouth resuscitation, chest compression and CPR for adults and infants. The program includes classroom instruction and hands-on practice. Cost is \$25. Preregistration is required, call 737-2007.

### About childbirth

Prepared childbirth classes will be offered from 6:30-9:30 p.m. Thursdays, beginning Thursday through Dec. 19, in the Sage Room of the Education Center at Magic Valley Regional Medical Center in Twin Falls.

The class will include classroom instruction on wellness of the mother, labor and delivery process with relaxation and breathing techniques, care of the postpartum mother, care of the newborn including breast and bottle feeding, and a tour of the Women's and Infant Center.

Cost is \$40. Preregistration is required, call 737-2900.

### Mental health screening

Magic Valley Regional Medical Center and Region V Mental Health will offer free mental health screenings to help participants figure out what may be wrong and where they should go for help.

The screenings will be offered at the following locations: • 9 a.m. to 6 p.m. Thursday, Canyon View Psychiatric and Addiction Services, 128 Shoop Ave., Twin Falls.

• 9 a.m. to 1 p.m. Thursday, Region V Mental Health, 209 S. Second St., Rupert.

• 1 to 3 p.m. Nov. 14, Project Respect, 317 S. River, Halley. Attendees at the free screenings will have an education presentation on the disorders, complete a written screening test, and talk one-on-one with a mental health professional.

For more information, call Canyon View at 734-6760.

### Diabetes fair

Magic Valley Regional Medical Center's Certified Diabetes Education Program will offer a free diabetes health fair from 8 a.m. to 3 p.m. Saturday in the Great Room at Bridgeview Estates, 1828

Bridgeview Blvd., Twin Falls. The health fair will include information on diagnosis, treatment and support for diabetes patients and their families.

The schedule of events includes: • 8 to 8:30 a.m. - Optional blood sugar and cholesterol testing; cost is \$25. Results will be available by 2 p.m. Attendees should bring their own blood glucose meters to check with lab results.

• 10 to 10:30 a.m. - Information about diabetes will be available from diabetes education staff. Topics include exercise tips, dining with diabetes, cooking demonstration, blood glucose meter testing, high and low blood glucose, medications and medical follow-up, and free foot exams. Bring a list of current medications.

• 10 to 10:15 a.m. - Cooking demonstration. • 10:30 a.m. to 12:30 p.m. - Debra Steur, personal and professional coach from Boise, will speak about stress management with presentation, "Pull Stress Out By Its Roots."

• 12:30 p.m. to 1 p.m. - Lunch provided. • 3 to 3 p.m. - Michele Carter, RD from the West Boise YMCA, will speak about "Ten Ways to Boost Your Metabolism."

For more information, call Janet Renaldi at 733-3200.

### Quit smoking

South Central District Health will offer the American Cancer Society's "Fresh Start Cessation Program," designed to help adults quit using tobacco.

The free six-week class will be held at 5:30 p.m. Thursdays, beginning Nov. 14 through Dec. 19, at Magic Valley Regional Medical Center's Downtown Campus, 660 Shoshone St. E., Twin Falls.

To register, call John Barron at South Central District Health at 734-5900, Ext. 245.

### Breast exams

A free breast screening education program sponsored by the Magic Valley Regional Medical Center helps women learn about early detection of breast cancer, self-breast exams, consultation by clinical specialists and information about mammography. The program is free to all women at Women's Health and Imaging Services, 224

Martin St. For more information or to make an appointment, call 737-2192.

### Self management

Magic Valley Regional Medical Center's diabetes self-management education program has been awarded continued recognition from the American Diabetes Association. This program offers high-quality education services to patients from the Magic Valley.

The ADA Education Recognition effort began in the fall of 1996, and

is a voluntary process which assures that approved education programs have met the National Standards for Diabetes Self-Management Education Programs. According to a press release, programs that achieve recognition receive a staff of knowledgeable health professionals who can provide accurate, clear information about diabetes management for participants.

Education topics include an overview of diabetes, stress and psychosocial adjustment, family involvement and social support, nutrition, exercise, medication management and behavior change strategies.

For more information about the diabetes education program, call 737-2663.

To do for you is a calendar listing of health-related activities, events and education. Information should be submitted by Thursday for publication in the following Monday's Health & Fashion. Mail notices to: The Three Rivers News, P.O. Box 548, Twin Falls, ID 83303, or deliver to our office at 132 Third St. W.

## MOVIES

Advanced Tickets Starting November 8th at both the Twin and Jerome Cinema Movie Opens November 15

Harry Potter

Ghost Ship (R) Daily 7:00 - 9:00

Thunder (PG) Daily 7:00 - 9:00

Abandon (R) 7:00 - 9:00

My Great Grandpa (PG) 7:00 - 9:00

My Great Grandpa (PG) 7:00 - 9:00

My Great Grandpa (PG) 7:00 - 9:00

My Great Grandpa (PG) 7:00 - 9:00

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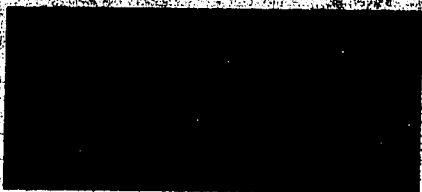
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My Great Grandpa (PG) 7:00 - 9:00



## 4 Ways Travel Service, Inc. Carlson Wagonlit

Travel Agent Tip  
Diane Kelly, Cert. Accredited Cert. Counselor

Candid camera  
Don't pack the film for your camera in your checked luggage anymore. Many airports are being equipped with powerful CT equipment to meet a Congressional mandate that all checked luggage be screened.

The rule of thumb now is to take your camera and film in your carry-on luggage. A single pass through the scanner shouldn't cause a problem, but to be safe, ask the security person to hand-inspect your camera and film. According to the Transportation Security Administration, you are entitled to hand inspection, so if a hurried security official protests, just politely insist. But make sure you have the camera and film easily accessible.

One final tip: Buy your film and all extra camera battery before you leave home. These items can be very expensive in resorts, and may even be hard to find in more remote areas.

Alaska Cruises... starting from \$699  
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Europe Cruises... starting from \$949  
Europe Cruisers... starting from \$2399

Travel Consultants  
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160 2nd St. W., Twin Falls, ID 83301  
Visit our Website: www.4waystravel.com

# NOT SURE WHERE TO TURN?

If stress, anxiety, substance abuse or depression has a hold of you or someone you love, turn to us. At Canyon View Psychiatric and Addiction Services, our caring professional counselors are ready to help make a difference in your life.

This month, we're offering free confidential depression screenings throughout Southern Idaho:

- November 7, 8 a.m. - 8 p.m. Canyon View, 228 Shoop Ave., Twin Falls
- November 7, 9 a.m. - 1 p.m. Mental Health Region V, 209 South 2nd Street, Rupert
- November 14, 1 p.m. - 5 p.m. Project Respect, 317 South River, Halley

Call us at 1-800-657-8000 for details. 1-800-657-8000 is also a free 24-hour helpline.

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????????????????????

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